**Objective:** To reinforce awareness of heat stress, its causes and symptoms, and steps for the prevention of heat-related illnesses

When the body is unable to cool off by sweating, heat-induced illnesses, such as heat rash, cramps, heat exhaustion, and heat stroke can occur. These illnesses can be serious, sometimes even resulting in death.

**Factors Leading to Heat Stress**

The following are common factors that can all contribute to heat stress:

* High temperature and humidity
* Direct sun or heat
* Limited air movement
* Physical exertion
* Poor physical condition
* Some medications
* A lack of tolerance for hot workplaces or areas

**Heat Stress Prevention**

* Know the signs and symptoms of heat-related illnesses, and monitor yourself and your co-workers.
* Block or avoid direct sunlight or other heat sources.
* Use cooling fans or air conditioning.
* Take regular breaks in shaded areas.
* Drink plenty of water or high-electrolyte fluids.
* Wear lightweight, light-colored, and loose-fitting clothing.
* Avoid alcohol, caffeinated drinks, and heavy meals.
* If you detect signs of heat exhaustion, notify a supervisor or appropriate individual with first aid training.

**Heat Rash**

* **Symptoms:** Cluster of small red pimples or blisters
* **Causes:** Excessive sweating, which leads to clogged pores and, if untreated, to infection
* **First aid:** Cleanse and dry the affected area, and use calamine lotion or powder to increase comfort.

**Heat Cramps**

* **Symptoms:** Painful spasms of leg, arm, or abdominal muscles, heavy sweating, and thirst
* **Causes:** Electrolyte deficiencies during or after strenuous physical activity, due to extended periods of intense sweating
* **First aid:** The affected individual muststop all activity, sit in a cool place, drink plenty of water or high-electrolyte fluids, and wait for a few hours after the cramps have subsided before engaging in any strenuous physical activities.

**Heat Exhaustion**

* **Symptoms:** Fatigue, profuse sweating, weak and rapid heartbeat, headaches, nausea, confusion, loss of coordination, muscle weakness, dizziness, or fainting
* **Causes:** Dehydration, lack of acclimatization to high temperatures, strain on the circulatory system, and reduced blood flow to the brain
* **First aid:** The affected individual mustrest in a cool, shaded or air-conditioned area. First aid includes cooling the affected individual by fanning, misting with water, or applying ice packs. Give cool (not cold) water only if the individual is conscious.

**Heat Stroke**

* **Symptoms:** Core body temperature exceeding 104° F, hot skin with a lack of perspiration, strong and rapid pulse, nausea, confusion, dizziness, seizures or convulsions, or fainting
* **Causes:** Heat exhaustion was left untreated and the body’s cooling mechanisms have been exhausted
* **First aid:** Heat stroke is immediately life-threatening.Notify a supervisor and follow the emergency action procedure. While waiting for medical personnel to arrive, the individual giving care should take the following measures:
* Move the affected person to a cool, shaded or air-conditioned area.
* Give cool (not cold) water only if the individual is conscious.
* Cool the individual by fanning, misting with water, or applying ice packs.
* If necessary, loosen or remove heavy clothing.

**Remember that most heat-related illnesses can be prevented by taking appropriate precautions.**

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: Date:

Trainer: Trainer’s Signature:

**Class Participants:**

Name: Signature:

Name: Signature:

Name: Signature:

Name: Signature:

Name: Signature:

Name: Signature:

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