General Information
Some workers spend a lot of time outside, especially during the summer when it can be both hot and humid. The sun’s intense heat can cause potentially life-threatening illnesses. Heat related illnesses, while potentially deadly, are preventable.

Symptoms and Actions
- **Dehydration** – fatigue, thirst, dry mouth and low energy.
  - Move out of the sun.
  - Drink plenty of cool fluids (e.g. water or electrolyte drinks).
- **Heat exhaustion** – dizziness; excessive sweating; pale skin that is cool and clammy; a rapid, weak pulse; rapid, weak pulse, muscle cramps and nausea or vomiting.
  - Stay out of the heat and sun the rest of day.
  - Person should take a cool shower or bath.
  - Make sure that someone monitors symptoms.
  - Call a doctor if symptoms persist or increase.
- **Heat stroke** – headache; no sweating with red, hot, dry skin; rapid, strong pulse; and nausea or vomiting.
  - Seek medical attention immediately!
  - Cool down by spraying, sponging or showering with water.

Preventive Measures
- **Dress appropriately:**
  - Light-colored, lightweight, loose-fitting clothing (unless working around equipment with moving parts)
  - Head covering or hat
- **Apply sunscreen.**
- **Acclimate to heat and humidity slowly over several days.**
- **Drink water and/or drinks with electrolytes every 15 minutes, even when not thirsty (before, during and after work).**
- **Adjust the timing of certain activities, if possible. Schedule strenuous work activities during cooler parts of the day, to reduce high heat exposure situations.**
- **Take breaks in the shade or a cool environment.**
- **Learn to recognize signs and symptoms of heat stress.**