



HEAT ILLNESS PREVENTION & FIRST AID

Remember:

WATER: Proper hydration is essential to prevent heat-related illness. Drink water or electrolyte beverage (such as sports drinks) on a regular basis to maintain hydration throughout your shift and beyond. **REST/SHADE:** Do not skip your break. Take your breaks in a cooler location.

Recognize heat illness signs: (not all inclusive)

- Confusion
- Dizziness or lightheaded
- Muscle spasms or pain
- Slurred speech
- Very high body temperature
- Rapid heart rate
- Clusters of red bumps on skin
- Nausea or vomiting

First Aid:

- Take the affected worker to a cooler area (e.g., shade or air conditioning).
- Cool the worker immediately. Use active cooling techniques such as:
 - Remove outer layers of clothing, especially heavy protective clothing.
 - Place ice or cold wet towels on the head, neck, trunk, armpits, and groin.
 - Use fans to circulate air around the worker.
 - Immerse the worker in cold water or an ice bath. Create the ice bath by placing all of the available ice into a large container with water, standard practice in sports. **This is the best method to cool workers rapidly in an emergency.**

Please make sure to immediately contact your manager if you or your coworker experience any heat related illness or signs.

In an extreme case where someone loses consciousness, has seizure, or slurred speech. Please contact 911, then your manager.