## HEAT STRESS SYMPTOM LIST

|  | **Cause** | **Symptoms** | **Treatment** | **Prevention** |
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| **Heat Rash** | Hot humid environment; plugged sweat glands. | Red bumpy rash with severe itching. | Change into dry clothes and avoid hot environments. Rinse skin with cool water. | Wash regularly to keep skin clean and dry. |
| **Heat Cramps** | Heavy sweating from strenuous physical activity drains a person’s body of fluid and salt, which cannot be replaced just by drinking water. Heat cramps occur from salt imbalance resulting from failure to replace salt lost from heavy sweating. | Painful cramps occur commonly in the most worked muscles (arms, legs or stomach); this can happen suddenly at work or later at home.  Heat cramps are serious because they can be a warning of other more dangerous heat-induced illnesses. | Move to a cool area; loosen clothing, gently massage and stretch affected muscles and drink cool salted water (1½ to 2½ mL salt in 1 litre of water) or balanced commercial fluid electrolyte replacement beverage. If the cramps are severe or don’t go away after salt and fluid replacement, seek medical aid. Salt tablets are not recommended. | Reduce activity levels and ⁄ or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms that often precede heat stroke. |
| **Fainting** | Fluid loss, inadequate water intake and standing still, resulting in decreased blood flow to brain. Usually occurs in un-acclimatized persons. | Sudden fainting after at least two hours of work; cool moist skin; weak pulse. | GET MEDICAL ATTENTION. Assess need for cardiopulmonary resuscitation (CPR). Move to a cool area; loosen clothing; have the person lie down; and if the person is conscious, offer sips of cool water. Fainting may also be due to other illnesses. | Reduce activity levels and ⁄ or heat exposure. Drink fluids regularly. Move around and avoid standing in one place for too long. Workers should check on each other to help spot the symptoms that often precede heat stroke. |
| **Heat Exhaustion** | Fluid loss and inadequate salt and water intake causes a person's body's cooling system to start to break down. | Heavy sweating; cool moist skin; body temperature over 38°C; weak pulse; normal or low blood pressure; person is tired and weak, and has nausea and vomiting; is very thirsty; or is panting or breathing rapidly; vision may be blurred. | GET MEDICAL ATTENTION. This condition can lead to heat stroke, which can cause death quickly. Move the person to a cool shaded area; loosen or remove excess clothing; provide cool water to drink; fan and spray with cool water. Do not leave affected person alone. | Reduce activity levels and ⁄ or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms that often precede heat stroke. |
| **Heat Stroke** | If a person's body has used up all its water and salt reserves, it will stop sweating. This can cause body temperature to rise. Heat stroke may develop suddenly or may follow from heat exhaustion. | High body temperature (over 41°C) and any one of the following: the person is weak, confused, upset or acting strangely; has hot, dry, red skin; a fast pulse; headache or dizziness. In later stages, a person may pass out and have convulsions. | CALL AMBULANCE. This condition can kill a person quickly. Remove excess clothing; fan and spray the person with cool water; offer sips of cool water if the person is conscious. | Reduce activity levels and / or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms that often precede heat stroke. |