



### Heat Stress

When the body is unable to cool itself by sweating, heat-induced illness such as heat exhaustion and the more severe heat stroke can occur and can result in death.

### Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

### Symptoms of Heat Exhaustion

- ❖ Headaches, dizziness, light headedness or fainting.
- ❖ Weakness and moist skin.
- ❖ Mood changes such as irritability or confusion.
- ❖ Upset stomach or vomiting.

### Symptoms of Heat Stroke

- ❖ Dry, hot skin with no sweating.
- ❖ Mental confusion or losing consciousness.
- ❖ Seizures or convulsions.

### Preventing Heat Stress

- ❖ Know signs and symptoms of heat-related illnesses; monitor yourself and co-workers.

- ❖ Block out direct sun or other heat sources.
- ❖ Use cooling fans or air conditioning; rest regularly.
- ❖ Drink lots of water, about 1 cup every 15 minutes.
- ❖ Wear lightweight, light-colored and loose-fitting clothes.
- ❖ Avoid alcohol, caffeinated drinks and heavy meals.

### What to Do for Heat-Related Illness

- ❖ Call 911 (or local emergency number) at once.

### While Waiting for Help to Arrive

- ❖ Move the person to a cool, shaded area.
- ❖ Loosen or remove heavy clothing.
- ❖ Provide cool drinking water (only if victim is conscious).
- ❖ Fan and mist the person with cool, not cold, water. Do not put person in ice.

*Adapted from OSHA Quick Card 3154-07R-06, U.S. Department of Labor.*



**Cherie Berry**, Commissioner of Labor

### Education, Training and Technical Assistance Bureau

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Printed 6/07

500 copies of this public document were printed at a cost of \$40, or \$.08 per copy.