

## Safety Manual > Training – Heat-Related Disorders

### F. Training – Heat-Related Disorders

It is important for the employer to provide training in the symptoms and effects of heat stress and heat stroke. It is also important to stress the importance of drinking fluids and maintaining proper electrolyte levels.

#### 1. Heat Exhaustion

- a. Symptoms: Fatigue; weakness; profuse sweating; normal temperature; pale clammy skin; headache; cramps; vomiting; fainting.
- b. Treatment:
  - i. Medical Alert
  - ii. Remove worker from hot area
  - iii. Have worker lie down and raise feet
  - iv. Apply cool, wet cloths
  - v. Loosen or remove clothing
  - vi. Allow small sips of water or electrolyte beverage if victim is not vomiting, then encourage victim to drink as much as possible
  - vii. Instruct victim to stay out of heat for the remainder of the day
- c. Prevention:
  - i. Take frequent breaks
  - ii. Increase fluid intake
  - iii. Allow workers to become acclimatized to heat
- d. Causes:
  - i. High air temperature
  - ii. High humidity
  - iii. Low air movement
  - iv. Hard work
  - v. Not enough breaks
  - vi. Insufficient fluid intake
  - vii. Full body clothing
  - viii. Workers not acclimated to heat

#### 2. Heat Stroke

- a. Symptoms:

Dizziness; nausea; severe headache; hot and dry skin; confusion; collapse; delirium; coma; death.
- b. Treatment:
  - i. Medical emergency alert–life-threatening situation
  - ii. Remove worker from hot area
  - iii. Remove clothing
  - iv. Have victim lay down

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- v. Cool body by any means available—cold water, chemical cooling ice packs, ice rubbed vigorously over body
  - vi. Do not give stimulants
  - vii. Give cold drinks if patient can cooperate
  - viii. Transport victim immediately to nearest medical facility
- c. Causes:
- i. High air temperature
  - ii. High humidity
  - iii. Low air movement
  - iv. Hard work
  - v. Not enough breaks
  - vi. Insufficient fluid intake
  - vii. Full body clothing
  - viii. Not acclimatized