



# Identifying Stages of Heat-Related Illness

## Understanding the differences in the three levels of heat-related illnesses could help you save a life!

The truth is that preparation for working in hostile environments should begin well ahead of time through education, proper hydration both at home and work, and safety programs that promote a positive work environment and addresses these specific hazards.

Look around your immediate work site.

Where would be the closest shady spot to place someone with a heat-related illness?

Are there better alternatives available such as an air-conditioned conex box?

Consider the sun's position based on the time of day.

Where is your nearest clean water source?

Is it adequately stored and readily available?

How much is there?

Is there enough to potentially treat multiple patients with heat cramps?

What about electrolyte replacements?

### Did you Know?

- Mobile Medical Corporation and your safety team are committed to ensuring a workplace that is as safe as possible in all types of environments.
- Have someone that is experiencing symptoms? Call your on-site medic for an evaluation! Do not hesitate! If you think something is wrong, we are here and happy to help.
- See something that could potentially improve work conditions in a hot environment? Contact your on-site medic or a safety team member today!

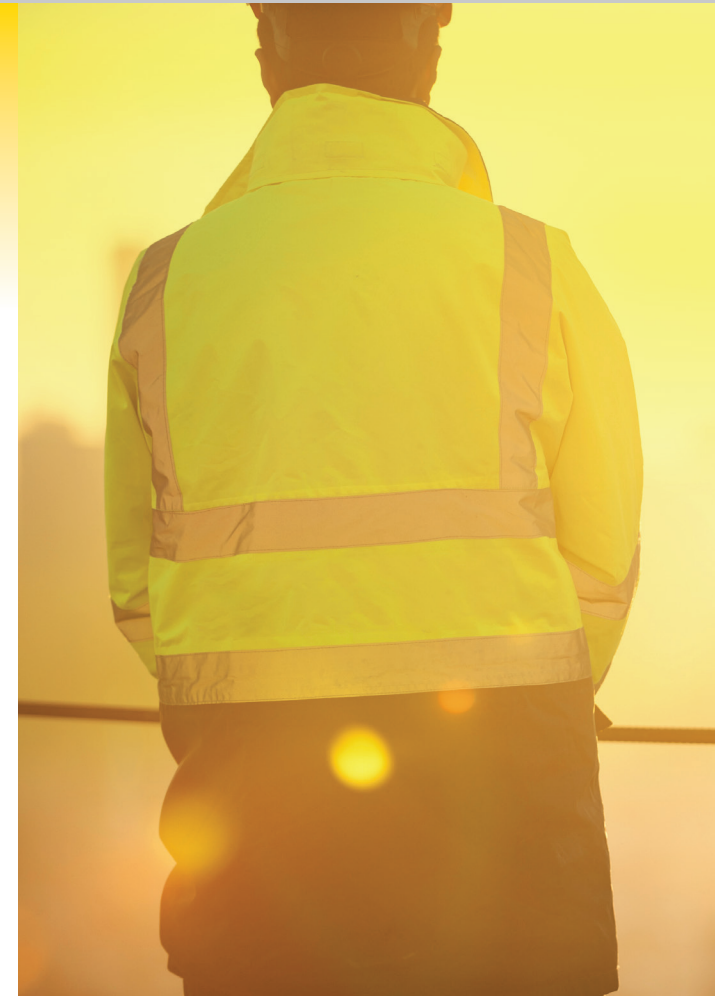
**Mobile Medical Corporation (MMC)** is a certified Woman Business Enterprise founded and incorporated in 1990, by Cynthia J. Latsko. MMC provides solution based medical and risk management programs for the construction industry. Our service features administering multi-employer projects for facility owners, contractors, and Owner Controlled Insurance programs (OCIP and CCIP).

### Services Offered:

- On-site Medical Services
- Substance Abuse Testing & Third Party Administration
- Labor Management Programs
- Occupational Medical Testing
- Credential Checks
- Employer/Member Health Clinics



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# HEAT CRAMPS

Heat cramps, a type of heat illness, are muscle spasms that result from the loss of a large amount of salt and water through exercise.

## Signs and Symptoms of Heat Cramps

Heat cramps are associated with cramping in the abdomen, arms, and calves.

### Treatment

- Stop physical activity, and move to a cool area
- Drink water or a sports drink (slowly, ingesting cool liquids too quickly will cause you to vomit),
- Do not return to physical activity until those cramps resolve.

Be advised that if you start your day dehydrated, you can rapidly experience heat cramps without heavy sweating!

### When should I seek medical attention?

Cramps lasting more than 1 hour, you are on a low sodium diet, or have a history of heart problems.



# HEAT EXHAUSTION

Heat exhaustion is a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating.

## Signs and Symptoms of Heat Exhaustion

- Heavy Sweating
- Cool, Pale, Clammy Skin
- Nausea and Vomiting
- Muscle Cramps, Weakness & Tiredness
- Dizziness, Headache, or Fainting

### Treatment

- Move to a cool area
- Loosen your clothes, or remove heavy outer clothing
- Sip Water
- Place cool wet washcloths or rags on your body (very cautiously rapid cooling can be dangerous)

### When should I seek medical attention?

Signs lasting longer than one hour from the onset, vomiting, or uncontrolled or worsening symptoms.



# HEAT STROKE

Heat stroke, also known as sunstroke, is a type of severe heat illness that results in a body temperature greater than 104.0 °F and confusion.

## Signs and Symptoms of Heat Stroke

- High body temperature with hot, red, and dry skin
- Headache
- Dizziness
- Nausea
- Confusion
- Loss of Consciousness

### Treatment

- Immediately contact emergency medical services (this is a life-threatening condition) as well as On-Site First Aid
- Move the Person to a cool place
- Place cool rags on the person
- Do not administer any fluids by mouth

