

Different Types of Heat Stress

Signs and Symptoms

How to Treat

Heat **STROKE**

Unable to control body temperature and could result in death or disability

- Body temperature above 104°F and hot, dry skin
- Signs of confusion, loss of consciousness, or convulsions

- Get medical help immediately – call 911
- Move victim to shady, cool area and remove as much clothing as possible
- Place cold wet cloths or ice all over body

Heat **EXHAUSTION**

Body's response to excessive sweating

- Heavy sweating, thirst, headache, rapid heartbeat, nausea, dizziness, weakness, irritability, or confusion

- Rest in cool area and drink liquids
- Remove shoes and unnecessary clothing
- Apply cool compresses to the head, neck, face; wash face with cool water
- If symptoms worsen, call 911

Heat **CRAMPS**

Muscle pains associated with physical labor in hot environments

- Muscle pains, cramps, or spasms in arms, legs, or abdomen

- Stop all activity and rest in cool area
- Drink water or carbohydrate-electrolyte replacement liquids every 15-20 minutes

Heat **RASH**

Skin irritation produced by excessive sweating

- Red cluster of blisters caused by sweating appear on neck, upper chest, groin, under breasts, or in elbow creases

- Keep rash area dry; apply powder to increase comfort
- Do not use ointments or creams

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