



Minnesota Counties Intergovernmental Trust

INJURY PREVENTION

Quick Review of Safety

Heat-related Illness Prevention

- Be aware of dangerous heat index advisories and weather forecasts and plan ahead.
- Wear comfortable clothing appropriate to both the weather and your work tasks.
- Stay hydrated! Try to drink 16 to 32 ounces of cool water each hour. Avoid highly sugared or caffeinated drinks.
- Take frequent breaks, preferably in a cool or shaded area, particularly if you feel heat discomfort.
- Observe others for signs and symptoms of heat stress and know how to respond or get help.

Heat stroke is particularly serious. Treatment is often easier if detected before getting to this stage of heat stress.

See other side for symptoms and treatment of heat-related illness.

(Over)



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HEAT STRESS	SYMPTOMS	TREATMENT
Heat Rash	Red cluster of pimples or small blisters, typically located on neck, upper chest, groin, under breasts or in elbow creases	<ul style="list-style-type: none"> • Keep rash dry. • Move to cooler, less humid work areas. • Avoid using ointment or creams.
Heat Cramps	Muscle cramps, pain or spasms in the abdomen, arms or legs	<ul style="list-style-type: none"> • Drink water. • Have a snack and/or electrolyte replacement beverage, such as a sports drink. • If cramps do not subside in an hour, seek medical attention.
Heat Exhaustion	<ul style="list-style-type: none"> • Headache • Nausea/dizziness • Irritability • Thirst • Weakness • Heavy sweating • Elevated body temperature • Decreased urine output 	<ul style="list-style-type: none"> • Remove worker to cool area (air conditioning if possible) and give liquids to drink, particularly cool liquid. • Remove unnecessary clothing from worker. • Cool the worker with cool water or compresses. • Bring worker to clinic or emergency room for evaluation and treatment. • Stay with the worker until help arrives.
Heat Stroke	<ul style="list-style-type: none"> • Confusion, altered mental state, slurred speech • Loss of consciousness • Sweating stops or profuse sweating • Seizures • Very high body temperature 	<ul style="list-style-type: none"> • Call for emergency medical care. • Remove worker to cool area (air conditioning if possible, shade, etc.) and remove unnecessary clothing. • Cool worker aggressively with cold water or ice bath. • Place cold, wet cloth or ice on head, neck, armpits and groin. • Circulate air around worker. • Stay with worker until medical help arrives.

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