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
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