

HEAT STRESS



Protect Yourself in the Heat!



Symptoms of Heat Related Illnesses:

- **Heat Rash** – moist skin, itching, tingling, and raised bumps.
- **Heat Cramps** – painful muscle spasms.
- **Heat Exhaustion** – heavy sweating, headaches, dizziness, fainting, and fatigue.

Symptoms of Heat Stroke:

- Dry, hot skin, with no sweating.
- High body temperature.
- Rapid pulse and breathing.
- Irrational behavior or confusion.
- Convulsions and loss of consciousness.

How to Prevent Heat Stress:

- Know the signs and symptoms of heat stress and related illnesses.
- Drink water and Sqwinchers throughout the day.
- Use neck cooling scarves, vented hard hats and light clothing.
- Avoid caffeine and sugary drinks.
- Avoid alcohol and illegal drug use.
- Take breaks in a cool location.
- Check with your doctor regarding personal medical conditions.

- ✓ **Keep skin cool and dry**
- ✓ **Wear loose clothing**
- ✓ **Stay in good physical condition**
- ✓ **Eat a balanced diet**
- ✓ **Use the buddy system and check your partner**
- ✓ **Know what to do in the event of an emergency**

**If you suspect heat stroke,
call 911 Immediately**



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For more safety tips, visit the FSIS Safety
website
www.tinyurl.com/fsis-eshg

**Water
Breaks
Keep Cool**

Other Safety Hazards:

- Reduced mental alertness
- Fatigue and loss of strength
- Moist, slippery skin
- Sweat in eyes