

PREVENTING HEAT-RELATED ILLNESS

What to Do to Keep Yourself Cool

During normal work activities, especially, during summer months, workers may be required to work in hot environments. When the body is unable to cool itself by sweating, several heat-induced illnesses can occur, and can result in death.

WHAT IS HEAT ILLNESS?

Heat illness can be one or more serious medical conditions like heat cramps, fainting, heat exhaustion and heat stroke that occur when your body keeps in more heat than it loses and your temperature rises.

SIGNS AND SYMPTOMS

- Discomfort
- Excessive sweating
- Headache
- Poor concentration
- Muscle Pain
- Lack of sweating
- Throwing-up
- Fainting
- Cramping
- Dizziness
- Irritability
- Blurry vision
- Coordination loss
- Confusion
- Fatigue
- Seizures

		Relative Humidity (%)																
		°F																
		40	45	50	55	60	65	70	75	80	85	90	95	100				
Air Temperature	110	136																
	108	130	137															
	106	124	130	137														
	104	119	124	131	137													
	102	114	119	124	130	137												
	100	109	114	118	124	129	136											
	98	105	109	113	117	123	128	134										
	96	101	104	108	112	116	121	126	132									
	94	97	100	103	106	110	114	119	124	129	135							
	92	94	96	99	101	105	108	112	116	121	126	131						
	90	91	93	95	97	100	103	106	109	113	117	122	127	132				
	88	88	89	91	93	95	98	100	103	106	110	113	117	121				
	86	85	87	88	89	91	93	95	97	100	102	105	108	112				
	84	83	84	85	86	88	89	90	92	94	96	98	100	103				
	82	81	82	83	84	84	85	86	88	89	90	91	93	95				
	80	80	80	81	81	82	82	83	84	84	85	86	86	87				

Heat Index
(Apparent
Temperature)

With Prolonged Exposure
and/or Physical Activity

Extreme Danger
Heat stroke or sunstroke highly likely
Danger
Sunstroke, muscle cramps, and/or heat exhaustion likely
Extreme Caution
Sunstroke, muscle cramps, and/or heat exhaustion possible
Caution
Fatigue possible



WHAT YOU CAN DO TO PREVENT HEAT ILLNESS

- **Tell your supervisor immediately if you think you are getting sick from the heat**
- Find a **cool resting place** when you are starting to overheat
- **Drink cool, fresh water** throughout the day (four 8-oz servings every hour)
- **Don't wait until you are thirsty to drink**
- **Keep track** of your co-workers
- Take a **cool shower** or bath after work to cool down
- Get your **doctor's advice** if you:
 - Have an **ongoing illness**, such as diabetes
 - Regularly take **prescription medications** or over-the-counter drugs
 - Follow a **low-sodium diet**

A Message Brought to You By:



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