

# HOW DOES HEAT STRESS AFFECT YOU?

## HEAT STRESS CAN AFFECT US ALL, BUT YOU MAY BE AT A HIGHER RISK IF YOU:

- Work in a high heat environment
- Work outside
- Are age 65 or older
- Are overweight
- Have cardiovascular disease, including high blood pressure
- Take certain medications

## HOW TO PREVENT HEAT ILLNESS

- Take periodic breaks in a cool, shaded area
- Drink plenty of water, even if you don't feel thirsty
- Wear appropriate clothing for heat
- Know proper procedure in case of emergency

### TYPES OF HEAT ILLNESS

- Heat Stroke
- Heat Exhaustion
- Heat Syncope (Fainting)
- Heat Cramps
- Heat Rash

### USE THE OSHA-NIOSH HEAT SAFETY TOOL

- Gives daily heat index to help determine risk of heat incidents
- Signs of heat illness and first aid advice
- Recommends precautionary measures

