What is Heat Illness?

- Several heat-related illnesses may occur when the body is unable to cool itself by sweating.
- Heat Illnesses may include heat rash, heat cramps, heat syncope, heat exhaustion, and in severe instances heat stroke (may be life threatening).
- When temperatures exceed an ambient heat index of 90°F, emergency medical response must be readily available.

Preventing Heat Illness

- Know the symptoms outlined below.
- Monitor yourself. Use the buddy system.
- Block out direct sun or other heat sources.
- Wear lightweight, light colored, loose fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.
- Take appropriate breaks under shade according to the heat index and activity levels.
- Drink plenty of fluids, about every 15 minutes, and before you are thirsty.
- Have on-hand 1 quart water/person/hour worked.

How to Treat Heat-Related Illness

- Take appropriate action according to the illness severity.
- Call 911 when in doubt and provide first aid assistance.
- Assist until emergency medical personnel arrive.

**While waiting for medical personnel …**

- Move person to cool shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water, if able to drink.
- Fan and mist person with water.

If not in proximity to emergency medical services, employees are to:

- Have two-way radio or other equivalent means of communication.
- Have knowledge of where to meet emergency services and the ability to get there.
- Have awareness of those in their group who are trained in first aid.
- For Forestry activities, all personnel must be training in first aid and CPR. For Construction activities, first aid supplied must be available and at least one first aid/CPR trained if the site is remote.

### Types of Heat Illness

<table>
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<tr>
<th>Symptom(s)</th>
<th>First Aid / Treatment</th>
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| **Heat rash** | Clusters of red bumps on skin (usually on neck, upper arms, folds of skin) | Keep affected area dry  
Apply powder if necessary to absorb moisture and avoid using creams  
Try to work in a cooler, less humid environment when possible |
| **Heat cramps** | Painful muscle spasms (usually in abdomen, legs, arms) | Rest in cool, shady area  
Drink water or other cool beverages  
Wait a few hours before returning to strenuous activity  
Seek medical attention if cramps worsen or do not go away |
| **Heat syncope** | Dizziness  
Fainting (short duration)  
Light-headedness during prolonged standing or sudden standing from a sitting or lying position | Rest in a cool, shady area  
Drink water or other cool beverages  
Wait a few hours before returning to strenuous activity |
| **Heat exhaustion** | Headache  
Dizziness  
Cool, moist skin  
Heavy sweating  
Nausea or vomiting  
Light-headedness  
Weakness  
Rapid heart beat | Rest in cool, shady area  
Drink water or other cool beverages  
Use methods of cooling to reduce body temperature such as fans, cold compresses, and wetting clothes  
Take to clinic or emergency room for medical evaluation or treatment if symptoms do not improve within 60 minutes  
Stay with the worker while waiting for emergency medical services or during recovery period |
| **Heat stroke** | Confusion  
Disorientation  
Staggering  
Irrational behavior  
Fainting  
Slurred speech  
Very high body temperature  
Red, hot, dry skin  
Seizures  
Rapid heart beat | This is a medical emergency. Contact emergency medical services by dialing 9-1-1  
If possible, move the worker to a shady, cool area  
Use methods of cooling to reduce body temperature such as fans, cold compresses, and wetting clothes  
Stay with the worker while waiting for emergency medical services |

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**More Information**
• OSHA-NIOSH Heat Safety Phone App
• Oregon School Activities Association (Current and Forecasted Heat Indices)
• Heat index calculator: https://www.wpc.ncep.noaa.gov/html/heatindex.shtml
• NWS/NOAA Heat Index Chart
• Oregon OSHA Heat Resources
• Oregon OSHA Mandatory Information for Heat Illness Prevention
• Oregon OSHA Heat Illness Prevention Training