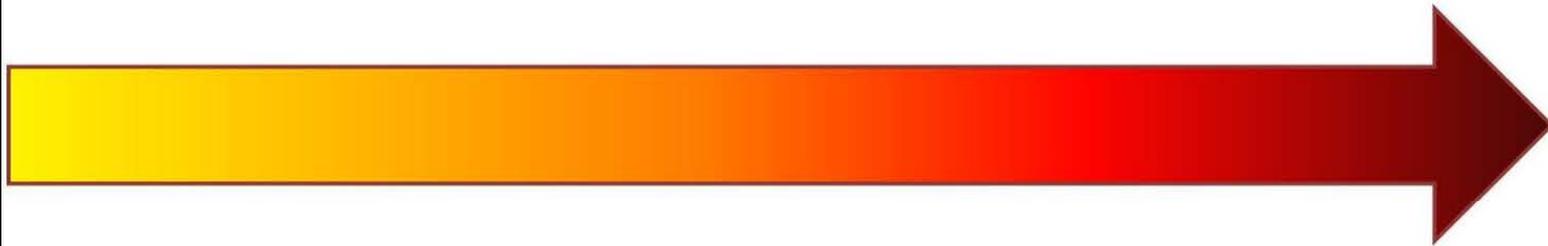
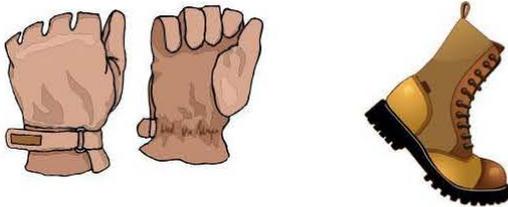


Symptoms of Heat Related Illness

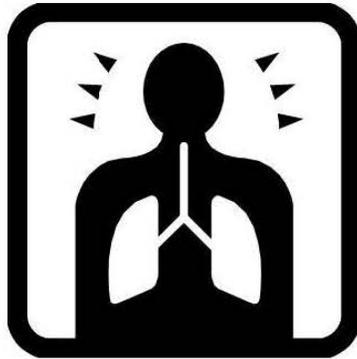


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Cards for Symptoms Activity

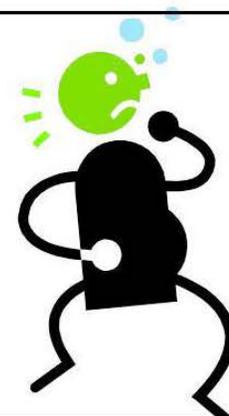
<p>Red skin (looks like sunburn)</p> 	<p>Breathing rapidly and feels tingling in hands, feet, and lips</p>
<p>Feels dizzy, light-headed, or passes out (but you can get them to wake up and talk normally)</p>	<p>Stops working or slows down because of headache or pain in arms, hands, legs, feet</p> 
<p>Has trouble getting on gloves or shoes because hands or feet have swollen</p> 	

**Dizzy, light-headed, feels better if
laying down, or passes out, AND**



**Is breathing very fast,
says their heart is beating too fast,
and is very sweaty**

**Can't drink water because of nausea
and/or vomiting**



Skin feels very hot (may feel dry or sweaty)

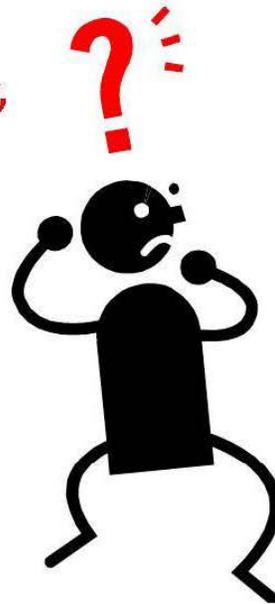


Is shivering as if cold, but when you touch their skin they feel like they are burning up

Fainted and won't wake up



Isn't behaving normally: talking nonsense, irritability, confusion, unable to think clearly



Having a seizure (uncontrollable shaking and not awake) and feeling very hot to the touch

What to do:

<p>Get person out of the sun, into shade, take off their clothes or underwear</p>		<p>Rub arms and legs so that the hot blood circulates</p>
	<p>Spray them with water, wipe them down with a wet towel</p>	<p>Do not leave the person alone</p>
<p>Fan skin after getting their skin wet</p>	<p>It may help with dizziness if the person lays down on their back and elevates their feet (15-20 centimeters)</p>	
<p>Offer water if they are conscious and can swallow</p>	<p>If they don't begin to feel better, call 911</p>	

These are VERY SERIOUS symptoms and require IMMEDIATE action: CALL 911



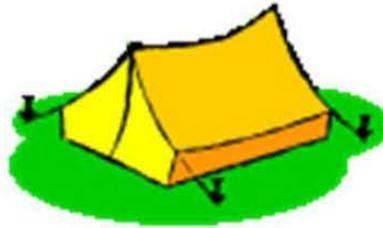
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Three Key Words

WATER



SHADE



REST

What To Do

Protect Yourself:

- **Know the symptoms** of heat related illnesses, and how to respond if someone needs assistance
- **Drink COLD water**
 - At least one cup every 15 minutes
 - It is better to frequently drink small quantities, than to drink large quantities less often
 - Drink water all day long even when you aren't thirsty
 - Drink water all day long, even when you aren't working, to help the body recover



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What To Do

- Use light-colored clothing
- Use lightweight, loose fitting clothing that allows the body to breathe (like cotton)
- Avoid eating large meals before working in the heat
- Avoid alcohol and drinks with caffeine that dehydrate the body and increase risk for heat illness
- If you begin to feel badly - speak up and do not continue to work.
- Do NOT assume that you can continue or that it will get better.



The images come from http://www.osha.gov/SLTC/illness/3423_factsheet_sp.pdf

heat-

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Make sure your boss is doing their part.

Your boss should:

- Allow you to take frequent, short breaks in places where there is shade so that the body can cool down
- Schedule work so that that you do the hardest jobs during the coolest times of the day

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- . Divide up work so that nobody is working alone – there should always be at least one other person around to monitor



- . Give you up to 2 weeks to become accustomed slowly to working in the heat
- . Provide cool, clean water and cups – enough for everyone, all day long

The image comes from http://www.osha.gov/SLTC/heatillness/3423_factsheet_sp.pdf

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Speak up to protect your legal rights:

- . Call OSHA and ask for an immediate emergency inspection to address health and safety problems – (856)596-5200
- . Or, call CATA and we can help you make an emergency complaint – 1(800)989-2282

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