

Heat-Related Illness First Aid and Emergenc Response Procedures		
Heat-Related Illness	Signs and Symptoms	First Aid and Emergency Response Procedures
Sunburn	Red, hot skin Possibly blisters	Move to shade, loosen clothes Apply cool compress or water to burn Get medical evaluation if severe
Heat Rash	Red, itchy skin Bumpy skin Skin infection	Get out of sun Keep affected area dry
Heat Cramps	Muscle cramps or spasms Grasping the affected area Abnormal body posture	Drink water to hydrate body Rest in a cool, shaded area Massage affected muscles Get medical attention in cramps persist
Heat Exhaustion	High pulse rate Extreme sweating Pale face Insecure gait Headache Clammy and moist skin Weakness Fatigue Dizziness	<b>CALL 911*</b> Provide EMS with directions to worksite Move to shade and loosen clothing Start rapid cooling with fan, water mister or ice packs Lay flat and elevate feet Drink small amounts of water to hydrate and cool body