

Heat exhaustion vs. Heat stroke

Learn the symptoms

Heat exhaustion

What it looks like

Elevated body temperature

Dizziness

Headache

Heavy sweating

Decreased urination

Nausea

Thirst

Irritability

Fatigue

Heat stroke

What it looks like

High temperature (103° F or more)

Confusion

Slurred speech

Skin is hot, red, and dry

Seizures

Fainting

Take action

Call 911: this is a medical emergency



After you call

Move worker to a cool place and don't leave alone until help gets there

Lower temperature by removing clothes

Give a cool bath, if available

Take action

Move worker to a cool place

Remove and loosen clothes

Cool with wet cloths or take a cool bath if available

Offer small sips of water

When to call for help

Symptoms worsen

Symptoms persist



Information from the Centers for Disease Control and Prevention (CDC.gov)