Heat exhaustion vs. Heat stroke Learn the symptoms

Heat exhaustion

What it looks like

Heat strokeWhat it looks like

Elevated body temperature

Dizziness

Headache

Heavy sweating

Decreased urination

Nausea

Thirst

Irritability

Fatigue

High temperature (103° F or more)

Confusion

Slurred speech

Skin is hot, red, and dry

Seizures

Fainting

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

Take action

Call 911: this is a medical emergency



When to call for help

Symptoms worsen
Symptoms persist



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

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



Get more info: saif.com/safetyandhealth