

HEAT ILLNESS

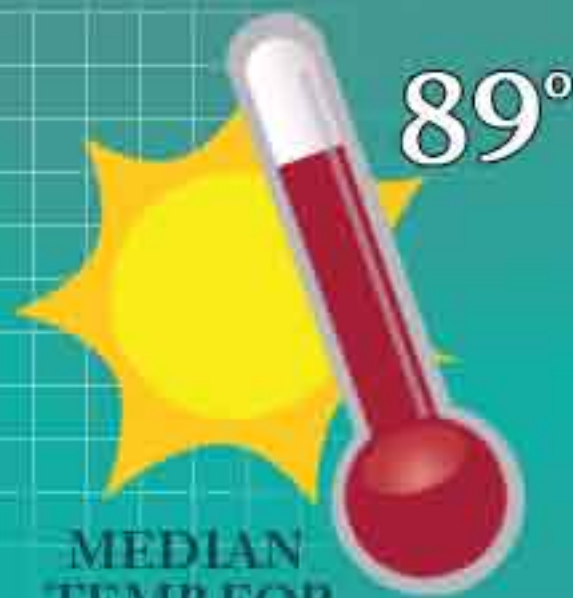


\$3,682

ANNUAL COST OF
HEAT RELATED
CLAIMS



HEAT CLAIMS



MEDIAN
TEMP FOR
HEAT CLAIMS

HEAT ILLNESS DEATHS

ARE GREATER THAN



Tornado



Lightning



Flood



Earthquake

TREATMENT PROTOCOL



REST



HYDRATION



SHADE



COOLING FANS



COOLING STATIONS



ACTIVE COOLING
SYSTEMS

HEAT INDEX RISK LEVEL PROTECTIVE MEASURES

Triggers even more
aggressive protective
measures

VERY HIGH TO EXTREME

Additional precautions
to protect workers

HIGH

Implement precautions
and heighten awareness

MODERATE

Basic heat safety
and planning

CAUTION

91°F 103°F 115°F

TYPES OF HEAT ILLNESS

HEAT STROKE

Heat stroke is a medical emergency. It occurs when the body's internal mechanism fails to regulate the core temperature. Sweating stops. The body can no longer rid itself of excess heat.



HEAT EXHAUSTION

Heat exhaustion results when fluid or salt is lost through sweating without being replaced.



HEAT CRAMPS

Heat cramps are painful muscle spasms, usually affecting the arms, legs, or stomach. Heavy sweating can cause heat cramps, especially when drinking water to replace fluids.



HEAT RASH (PRICKLY HEAT)

A heat rash can break out where sweat is not effectively removed from the skin through evaporation. A heat rash that is extensive or complicated by an infection can inhibit sleep, impede performance, or even result in temporary total disability.

