# HEAT INDUCED ILLNESSES

# Heat Exhaustion & Heat Stroke

## Symptoms

### Heat Exhaustion

- Headaches
- Dizziness or lightheadedness
- Weakness
- Mood changes such as irritability
- Confusion or the inability to think straight
- Upset stomach—vomiting
- Fainting or passing out
- Pale, clammy skin

### Heat Stroke

- Dry, pale skin with no sweating
- Hot, red skin that looks sunburned
- Mood changes such as irritability
- Confusion or the inability to think straight
- Seizures or fits
- Unconciousness with no response

## What You Can Do

- Learn the signs and symptoms of heat-induced illnesses
- Build up tolerance to heat and work activity slowly
- Drink plenty of cool water, about a cup every 15 to 20 minutes
- Wear loose fitting clothing
- Take frequent, short breaks in cool, shaded areas
- Avoid eating large meals in hot environments
- Avoid alcohol or beverages with caffeine
- Have workers trained about heat-induced illnesses

### Relative Humidity

### Heat Index (Apparent Temperature)

| °F | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 110 | 136 | | | | | | | | | | | | |
| 108 | 130 | 137 | | | | | | | | | | | |
| 106 | 124 | 131 | 137 | | | | | | | | | | |
| 104 | 119 | 124 | 131 | 137 | | | | | | | | | |
| 102 | 114 | 119 | 124 | 130 | 137 | | | | | | | | |
| 100 | 109 | 114 | 118 | 124 | 129 | 136 | | | | | | | |
| 98 | 105 | 109 | 113 | 117 | 123 | 128 | 134 | | | | | | |
| 96 | 101 | 104 | 108 | 112 | 116 | 121 | 125 | 132 | | | | | |
| 94 | 97 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 129 | 135 | | | |
| 92 | 94 | 96 | 99 | 101 | 105 | 108 | 112 | 116 | 121 | 126 | 131 | | |
| 90 | 91 | 93 | 95 | 97 | 100 | 103 | 105 | 109 | 113 | 117 | 122 | 127 | 132 |
| 88 | 88 | 89 | 91 | 93 | 95 | 98 | 100 | 103 | 106 | 110 | 113 | 117 | 121 |
| 86 | 85 | 87 | 88 | 89 | 91 | 93 | 95 | 97 | 100 | 102 | 105 | 108 | 112 |
| 84 | 83 | 84 | 85 | 86 | 88 | 89 | 90 | 92 | 94 | 96 | 98 | 100 | 103 |
| 82 | 81 | 82 | 83 | 84 | 84 | 85 | 86 | 88 | 89 | 90 | 91 | 93 | 95 |
| 80 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 84 | 84 | 85 | 86 | 86 | 87 |

**Air Temperature**

*NOTE: Exposure to full sunshine can increase heat index values by up to 15°F*

## With Prolonged Exposure and/or Physical Activity

**EXTREME DANGER**
Heat stroke or sunstroke highly likely

**DANGER**
Sunstroke, muscle cramps, and/or heat exhaustion likely

**EXTREME CAUTION**
Sunstroke, muscle cramps, and/or heat exhaustion possible

**CAUTION**
Fatigue possible