



Heat Fainting & Heat Rash

High temperature and high humidity may lead to heat illness, which can be serious or even life threatening. For people working outdoors in hot weather, temperature & humidity affect how hot they feel. Temperature and humidity are factors in determining the heat index, or the "feels like" temperature. The higher the heat index, the hotter the weather feels. In addition, working in direct sunlight or wearing protective clothing can make conditions "feel" up to 15° F hotter than the heat index temperature!

Heat Fainting. Fainting episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat fainting include dehydration and lack of acclimatization.

Heat Fainting Symptoms

- Light-headedness
- Dizziness
- Fainting

How to Treat Heat Fainting

- Sit or lie down in a cool place when beginning to feel the symptoms.
- Slowly drink water, clear juice, or sports beverage.

Heat Rash. Skin irritation caused by excessive sweating during hot, humid weather.

Heat Rash Symptoms

- Heat rash looks like a red cluster of pimples or small blisters.
- More likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases

How to Treat Heat Rash

- Try to work in a cooler, less humid environment when possible.
- Keep the affected area dry.
- Dusting powder may be used to increase comfort

Heat Illnesses are preventable!

Workers should avoid exposure to extreme heat, sun exposure, and high humidity when possible. When these exposures cannot be avoided, workers should take the following steps to prevent heat stress:

- Wear light-colored, loose-fitting, breathable clothing such as cotton.
 - Avoid non-breathing synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks in extreme heat and humidity.
 - Take breaks in the shade or a cool area when possible.
- Drink water frequently. Drink enough water that you never become thirsty. Approximately 1 cup every 15-20 minutes.
- Avoid alcohol, and drinks with large amounts of caffeine or sugar.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.
- Monitor your physical condition and that of your coworkers.

Source: www.cdc.gov/niosh

Remember... Water – Rest – Shade