



Heat Illness Symptoms

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!

Symptoms	Heat Stroke	Heat Exhaustion	Heat Fainting	Heat Cramps	Heat Rash
Sweating					
Hot, Dry Profuse Sweating	◆				
No Sweating	◆				
Heavy Sweating		◆			
Body Temperature					
High body temperature	◆				
Chills	◆				
Slightly elevated body temperature		◆			
Central Nervous System					
Hallucinations	◆				
Slurred Speech	◆				
Throbbing Headache	◆				
Confusion	◆	◆			
Dizziness	◆	◆	◆		
Light-headedness			◆		
Fainting			◆		
Muscles					
Extreme weakness, fatigue		◆			
Muscle cramps		◆		◆	
Muscle pain				◆	
Muscle spasms				◆	
Skin					
Clammy, moist skin		◆			
Pale or flushed complexion		◆			
Red cluster of small blisters					◆
Other					
Nausea		◆			
Fast and shallow breathing		◆			

Remember... Water – Rest – Shade