

## APPENDIX C: HEAT-RELATED EMERGENCIES AND SYMPTOMS

Illness	Symptoms	*Recommended Actions
<b>Heat stroke</b>	<ul style="list-style-type: none"> <li>▪ Confusion</li> <li>▪ Fainting</li> <li>▪ Seizures</li> <li>▪ Excessive sweating or red, hot, dry skin</li> <li>▪ Very high body temperature</li> </ul>	<ul style="list-style-type: none"> <li>▪ Call the emergent medical services provider for the campus (e.g. 911).</li> </ul> <p>While waiting for help:</p> <ul style="list-style-type: none"> <li>▪ Place employee in cool, shaded or air conditioned area;</li> <li>▪ Loosen clothing, remove outer clothing;</li> <li>▪ Fan air on worker; cold packs in armpits;</li> <li>▪ Wet worker with cool water; apply ice packs, cool compresses, or ice if available;</li> <li>▪ Provide fluids (preferably water) as soon as possible; and</li> <li>▪ Stay with employee until medical service arrives.</li> </ul>
<b>Heat exhaustion</b>	<ul style="list-style-type: none"> <li>▪ Cool, moist skin</li> <li>▪ Heavy sweating</li> <li>▪ Headache</li> <li>▪ Nausea or vomiting</li> <li>▪ Dizziness</li> <li>▪ Light headedness</li> <li>▪ Weakness</li> <li>▪ Thirst</li> <li>▪ Irritability</li> <li>▪ Fast heart beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Have employee sit or lie down in a cool, shaded or air conditioned area;</li> <li>▪ Give employee plenty of water or other cool beverages to drink;</li> <li>▪ Cool employee with cold compresses/ice packs; and</li> <li>▪ Refer the employee to the non-emergent medical services provider for your campus as soon as possible.</li> </ul>
<b>Heat cramps</b>	<ul style="list-style-type: none"> <li>▪ Muscle spasms</li> <li>▪ Pain</li> <li>▪ Usually in abdomen, arms, or legs</li> </ul>	<ul style="list-style-type: none"> <li>▪ Have employee rest in a cool, shaded or air conditioned area;</li> <li>▪ Employee should drink water or other cool beverages; and</li> <li>▪ Refer the employee to the non-emergent medical services provider for the respective campus as soon as possible.</li> </ul>