

SSP SPECIFIC HAZARD ATTACHMENT: HEAT STRESS

Medical Condition	Signs, Symptoms and Potential Health Effects	Controls	Medical Response
Heat exhaustion	Extreme weakness Giddiness, headache Nausea Vomiting Clammy skin Pale/flushed complexion Body temp normal or slightly elevated	<ul style="list-style-type: none"> • Minimize exposure • Acclimatize workers • Avoid direct sun • Institute work/rest regiments • Provide cool rest areas • Drink 5-7 ounces of water every 15-20 minutes • Consider cooling garments • Use heat stress monitors • Use canopies or other shelter • Minimize engaging ill or overweight workers 	Notify EMT Rest victim in cool place Have victim drink plenty of water
Heat cramps	Painful spasms of muscles Profuse sweating		Remove victim from site Ensure victim drinks plenty of water Replace electrolytes
Heat rash	Skin rash Experience of prickly heat		Remove victim to cool place Ensure victim drinks plenty of water
Fainting	Victim faints due to lack of blood to the brain		Remove victim to cool area Ensure victim drinks plenty of fluid Ensure victim is not sedentary in direct heat
Heat stroke	Skin is hot Skin is dry Skin is red and spotted Body temp of 105° or > Mental confusion Convulsions Loss of consciousness		Get EMT assistance immediately Remove victim to cool area Soak clothing with water Fan body to increase cooling
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