

# Stay Safe in the Heat

key to safety

## Watch for Signs of Heat-Related Illness

### Heat Exhaustion

#### Symptoms:

- Heavy sweating
- Pale, cool, clammy skin
- Weakness or fatigue
- Dizziness or fainting
- Weak, rapid pulse
- Muscle cramps
- Nausea or vomiting
- Headache

TAKE ACTION



### Heat Stroke

#### Symptoms:

- High body temperature (above 103°F or 39.4°C)
- Hot, red, dry, or damp skin
- Rapid, strong pulse
- Confusion, altered mental state, slurred speech
- Seizures
- Unconsciousness

CALL 911!



### Rest

Take regular breaks.

### Hydrate

Drink lots of water.

### Acclimate

Gradually increase your exposure to high temperatures over 7-14 days to build tolerance.

### Know your Emergency Response

Know your plan for first aid emergencies and have safety equipment ready.

### Monitor

Recognize and monitor each other for signs of heat stress.

### Prepare

Wear hats, and light-colored, lightweight clothing.

### Environment

When possible, work in cooler parts of the day and use tents, tarps, or umbrellas to create shaded areas.

### Stay Cool

Use wet towels, misting fans, or cool packs to lower body temperature.



760-532-0083



keytosafety.ca



KeyToSafety