

Beat the heat: stay safe on the job

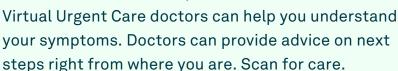
When working in the heat, it's important to take steps to prevent heat-related illnesses like heat cramps, exhaustion, and heat stroke.

Know the symptoms of heat-related illnesses

- Stage 1: Heat Cramps. The signs include sweating, painful muscle spasms, flushed skin, weakness, or feeling lightheaded.
- Stage 2: Heat Exhaustion. You may have a headache, dizziness, weakness, nausea, vomiting and/or lightheadedness when standing.
- Stage 3: Heat Stroke. This is a potentially fatal state. You may experience chills, confusion, aggressive behavior, fatigue, slurred speech, memory loss, seizures, and/or a high temperature of about 104°F.

Feeling off on a hot day?

If you aren't feeling well after being out in the heat, First Stop Health



If you're experiencing heat stroke or an emergency, dial 911



