

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

Virtual Urgent Care doctors can help you understand your symptoms. Doctors can provide advice on next steps right from where you are. Scan for care.

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

