

Working in extremely hot temperatures

Working in extremely hot temperatures can cause heat exhaustion, which can lead to heat stroke. Know the warning signs for these serious illnesses and take the following precautions to prevent them.

Heat exhaustion symptoms

- Dizziness
- Fatigue
- Muscle cramps
- Profuse sweating
- Headaches
- Faintness

Heat stroke symptoms

Heat stroke is the most serious heat-related illness. Seek immediate medical attention if you are experiencing any of these symptoms:

- Confusion, altered mental state or slurred speech
- Hot, dry skin or profuse sweating
- High body temperature
- Nausea and vomiting
- Increased heart rate
- Headache

Hot weather precautions

- Take frequent breaks in shaded or cool areas
- Stay hydrated; drink plenty of water throughout the day, even when away from work
- Wear lightweight clothing
- Complete the most labor-intensive tasks during the coolest part of the day
- Avoid drinking alcohol, soda, coffee, and other caffeinated beverages

