

Heat Related Illness (HRI)

- HRI is a physiologic response which occurs when the body cannot adequately dissipate heat.
- This leads to dysfunctional thermoregulation that can present as a variety of syndromes ranging from heat rash to heat exhaustion, and life-threatening heat stroke.



HRI Risk Factors



Types of HRI

Heat Rash

Symptoms of heat rash include:

- Red clusters of pimples or small blisters
- Usually appears on the neck, upper chest, groin, under the breasts, and in elbow creases

Workers experiencing heat rash should:

- Work in a cooler, less humid environment, if possible.
- Keep the rash area dry.
- Apply powder to increase comfort.
- Don't use ointments and creams.



Types of HRI

Heat Cramps

Symptoms:

- Muscle cramps, pain, or spasms in the abdomen, arms, or legs

Workers experiencing heat cramps should:

- Drink
- Avoid salt
- Get medical help*



Types of HRI

Heat Syncope

Symptoms of heat syncope include:

- Fainting (short duration)
- Dizziness
- Light-headedness

Workers with heat syncope should:

- Sit or lie down
- Slowly drink water



Types of HRI

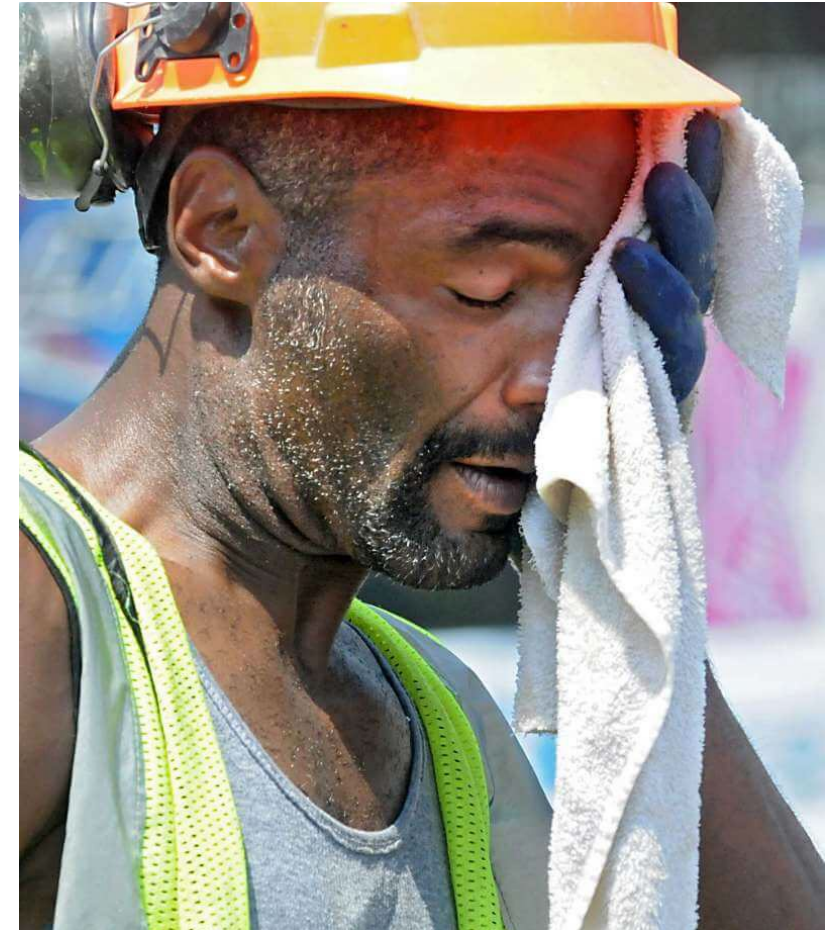
Heat Exhaustion

Symptoms of heat exhaustion include:

- Headache
- Nausea
- Dizziness
- Weakness
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

Treat heat exhaustion by:

- Seeking emergency medical treatment.
- Staying with the worker until help arrives.
- Removing unnecessary clothing
- Cooling
- Encouraging sips of water.



Types of HRI

Heat Stroke

Symptoms of heat stroke include:

- Altered mental status
- Loss of consciousness (coma)
- Hot, dry skin or profuse sweating
- Seizures
- Fatal if treatment delayed



Types of HRI

Heat stroke is a medical emergency!

Call 911 and:

- Stay with them
- Move them
- Cool them quickly:
 - With a cold water or ice bath
 - Soak clothing with cool water
 - Circulate air
 - Place cold wet cloths or ice



The infographic features a dark orange background. On the left, a white silhouette of a person is bent over, holding their head, with a thermometer icon next to them showing a high temperature. To the right, the text 'HEAT STROKE OR EXHAUSTION CAN KILL' is written in large, bold, white capital letters. Below this, a dark red horizontal bar contains the text 'KNOW THE SIGNS AND CALL FOR HELP' in white. Underneath the bar, a list of symptoms is provided in white text.

HEAT STROKE OR EXHAUSTION CAN KILL

KNOW THE SIGNS AND CALL FOR HELP

- Headache, nausea or vomiting
- Heavy sweating
- Agitation or confusion
- Rapid, shallow breathing
- Rapid or irregular pulse
- Possible shock or cardiac arrest
- Dizziness, weakness, fatigue, cramps, fainting or seizure
- Hot, dry skin with no sweating or cold, clammy skin