

# 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.



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## 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\*



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## 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

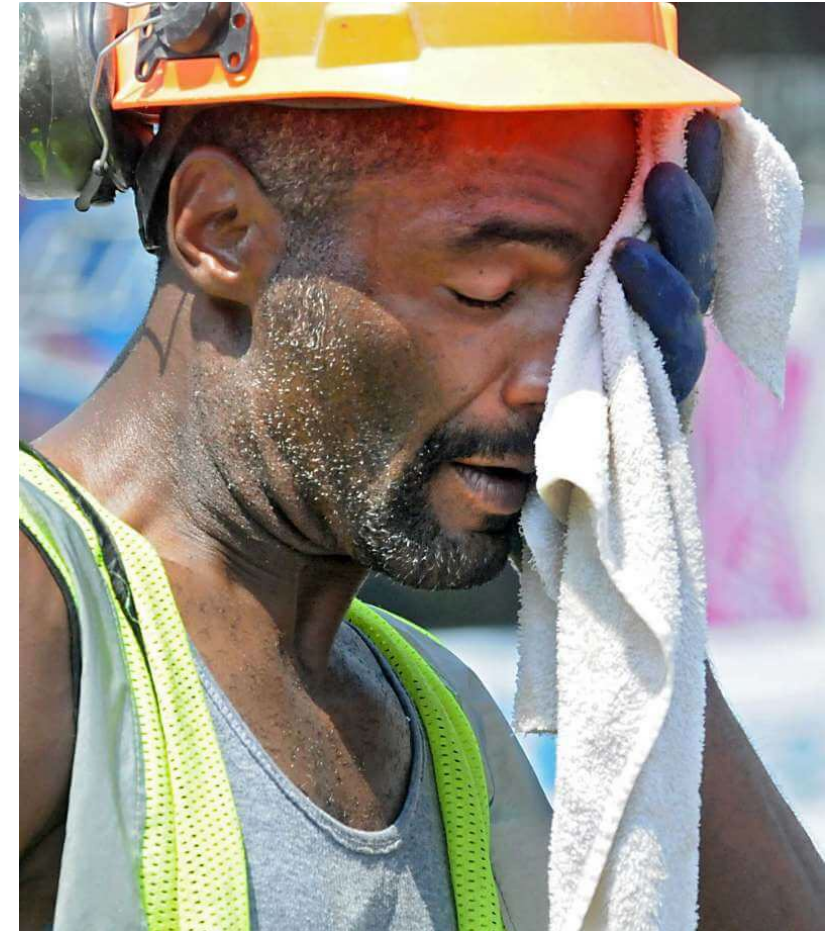
## Heat Exhaustion

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.



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## 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 slumped 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