Heat illness is a serious medical condition caused by the body’s inability to cope with a particular heat load. Types of heat illness include: heat rash, heat cramps, heat exhaustion, and heatstroke.

**Do you know the symptoms of heat illness?**

**Life-threatening Symptoms:**
- High body temperature (>103 °F)
- Red, hot, and dry skin
- Confusion
- Convulsion
- Fainting
- Rapid pulse
- Loss of consciousness

**Early Symptoms:**
- Fatigue
- Heavy sweating
- Headache
- Cramps
- Dizziness
- Rash
- Nausea or vomiting

**Know your risk factors**

- Health
- Humidity and Temperature (humidex)
- Activities
- Medications
- Poor acclimatization

**Safety tips**

- Drink plenty of water. Do not wait until you get thirsty. Avoid alcohol, coffee, or soft drinks
- Take frequent breaks. Taking breaks in cool shaded areas allows the body to recover from heat exposure.
- Wear clothing that is lightweight and loose-fitting. Wear UV-absorbent sunglasses, and a wide-brimmed hat or cap. NOTE: some personal protective equipment (e.g., air purifying respirators, heavy work suits, etc.) may increase your susceptibility to heat illness.

**First aid for heat illness**

- **Heat stress**: sit or rest in a cool place, slowly drink water or clear juice.
- **Heat exhaustion**: remove worker from hot area, give liquids, remove unnecessary clothing, cool with water, ice, fans, or whatever is available.
- **Heat stroke**: call for emergency care immediately, especially with any mental status change, cool with water ice, fans or whatever is available.

Heat stroke can be fatal if treatment is delayed. Cooling and emergency care are the priorities.

For medical emergency call Campus Safety Services at ext. 4444 from a Carleton landline or 613-520-4444.