**Heat Cramps, Heat Exhaustion, Heatstroke**

**Hazard:** Working outside on hot, sunny days and getting sick from the exposure.

**Protection Measures:**

* consume water throughout the day
* take extra breaks as necessary
* work in a cooler, shadier location if possible
* use hats and sunscreen to protect yourself from the sun
* take breaks out of the heat and sun in cooler environment
* if symptoms start to occur, remove yourself from that environment immediately

**Heat Cramps**

* Not serious but can be painful
* Brief, severe cramps or spasms in the muscles of the legs, arms, or abdomen that may occur during or after vigorous exercise or working in extreme heat.
* Even though you may be drinking water or other fluids, you can still have heat cramps as it is not dehydration, it is the loss of salts and other electrolytes such as calcium from your body.
* If you suffer from heat cramps you should:
* Rest briefly and cool down
* Drink clear juice or an electrolyte-containing sport drink such as Gatoraid.
* Do range-of-motion stretching and gentle massaging of the affected muscle group.

**Heat Exhaustion**

* Moderately serious
* Headaches, dizziness, light-headedness or fainting.
* Weakness and moist skin.
* Mood changes such as irritability or confusion
* Upset stomach or vomiting.
* Heavy sweating
* Treat someone suffering from heat exhaustion:
* Rest in a cool place.
  + Get into a shady spot, or air-conditioned building is best
  + Rest on their back with legs elevated higher than heart level
* Drink cool fluids.
  + Water or sports drinks is best
  + Beverages that have alcohol or caffeine can contribute to fluid loss
* Apply cool water to your skin.
  + Take a cool shower or
  + Drench yourself with a water hose
* Loosen clothing and remove any unnecessary clothing.

**Heatstroke**

* Serious condition and can be life-threatening.
* Is the escalation heat cramps and heat exhaustion.
* You can prevent heatstroke if you take self-care steps as soon as you notice problems.
* Signs of Heat Stroke are:
  + High body temperature
  + Your body stops sweating
  + Hyperventilation. Breathing rapid and shallow
  + Rapid heart rate and pulse
  + Seizures or convulsions
* Treatment
  + Call 911
  + Cool body with ice packs and cool water

