

Working in the Heat

Now that the weather is getting warmer, it is important to know the risks and how to prevent them when working in the heat. It is possible for someone to have heat exhaustion or heat stroke. Heat exhaustion and heat stroke are similar, but different.

Heat Exhaustion vs Heat Stroke

Heat exhaustion occurs when your body loses excess amounts of water and salt, typically from sweating. Heat stroke is more serious. It occurs when your body is unable to control its internal temperature and can potentially lead to death.

Symptoms of Heat Exhaustion

- Dizziness
- Headache
- Fatigue
- Thirsty
- Nausea
- Muscle cramps
- Feeling faint
- Heavy sweating
- High body temperature

Symptoms of Heat Stroke

- Hot, dry skin or profuse sweating
- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature



If you are experiencing symptoms of heat exhaustion, try to find a cooler location if possible.

Heat stroke is considered a medical emergency. If you think you are experiencing heat stroke, go to the hospital immediately.

Prevention Tips

- Stay hydrated by drinking lots of water. Avoid drinking alcohol and caffeinated beverages. Caffeine can actually make you dehydrated.
- Wear light-colored, loose, lightweight clothing when doing activities outside in the heat.
- Take frequent breaks when working or exercising in the heat.
- Take breaks in the shade.



References

Canadian Centre for Occupational Health and Safety. (2023, June 13). Hot Environments. Retrieved from CCOHS: https://www.ccohs.ca/oshanswers/phys_agents/heat/heat_health.html

Healthline . (2023, May 26). Do You Have Heat Stroke or Heat Exhaustion? Learn the Signs. Retrieved from Healthline : <https://www.healthline.com/health/heat-stroke-vs-heat-exhaustion>

