

Worksite: _____ Instructor: _____ Date/Time: _____

Topic C092: Hyperthermia (A)

Introduction: Hyperthermia – where the body can no longer cool itself – is the most serious heat illness, but not the only one. Other heat-related illnesses are heat rash, heat cramps, heat syncope [sing-kuh-pee], and heat exhaustion.

Because heat illnesses can rapidly progress from mild to severe without quick intervention, we will discuss the symptoms and first aid developed by the National Institute for Occupational Safety and Health (NIOSH) so you can recognize heat illness in yourself and your co-workers and take steps to save their lives.

Heat Rash Symptoms: Skin irritated by too much sweating when it is hot and humid. It appears as groups of red pimples or small blisters, often on the neck and upper chest, groin, under the breasts and in elbow creases.

Heat Rash First Aid: If you notice a heat rash, keep it dry—talcum powder can help. Treat this as an early warning sign for further heat illnesses, and if possible, take steps to cool yourself down.

Heat Cramps Symptoms: Muscle pain or spasms in the abdomen, arms, or legs are a sign of heat cramps. They occur when sweating a lot during strenuous activity depletes your salt and moisture levels.

Heat Cramps First Aid: Stop working and sit in a cool place and drink clear juice or a sports beverage. Be aware that more exertion may lead to heat exhaustion or stroke, so do not return to strenuous work for a few hours after the cramps go away. Medical attention may be necessary if the worker affected has heart problems, is on a low-sodium diet, or if the cramps last longer than an hour.

Heat Syncope Symptoms: Dizziness or fainting after standing for a long time or when quickly getting up from sitting or lying down. If you experience this, you may be dehydrated or not yet adapted to working in hot conditions.

Heat Syncope First Aid: Sit or lie in a cool place and slowly drink water, clear juice, or a sports beverage.

Heat Exhaustion Symptoms: When the body loses a lot of water and salt, it can result in heavy sweating, weakness, fatigue, dizziness, nausea, muscle cramps, and a higher body temperature. The skin may feel clammy or moist and you may look pale or flushed. Breathing can also become fast and shallow, and you could feel more confused than normal.

Heat Exhaustion First Aid: At this point you need to rest somewhere cool, shaded, or air-conditioned. Drink plenty of cool water. A cool shower, bath or sponge bath is also appropriate.

Conclusion: Pay careful attention to the symptoms of these heat illnesses among yourself and co-workers because without prompt response, they can quickly lead to hyperthermia. Hyperthermia symptoms include: excessive sweating or hot and dry skin, hallucinations, headache, dizziness, confusion, slurred speech or even chills.

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.