Heat Stress

Part 1

Heat Exhaustion or Heat Stroke (commonly known as Heat Stress) is a potentially life-threatening condition. It occurs when the body is no longer able to regulate its temperature. This usually happens when the indoor or outdoor temperature is 90 degrees Fahrenheit or higher.

Remember that humidity above 60% makes the body feel 10-20 degrees hotter! You need to prevent Heat Stress before it becomes life threatening.

Warning Signs

- Loss of energy
- Loss of appetite
- Sick to stomach
- Lightheadedness
- Prickly heat
- Muscle cramps
- Heavy sweating
- Thirst
- Confusion/giddiness
- Headache

If any warning signs of Heat Stress are present, do the following:

- Go to a cool environment
- Drink fluids
- Remove excess clothing
- Rest

The following symptoms are signs of severe Heat Stress:

- No sweating
- Hot, dry, flushed skin
- Throbbing headache
- Confusion
- Staggering
- Combativeness
- Body temperature 104°F or higher
- Rapid heartbeat or breathing
- Convulsions
- Loss of consciousness
- No sweating
- Hot, dry, flushed skin
- Throbbing headache
- Confusion
- Staggering
- Combativeness
- Body temperature 104°F or higher
- Rapid heartbeat or breathing
- Convulsions
- Loss of consciousness
- Stiff neck
- Seizures
- Unconsciousness

If the symptoms become severe you may not be able to recognize them in yourself.

If you notice the above symptoms in yourself or others,

CALL 9-1-1

(To prevent Heat Stress, see Part 2)