



Heat Illness – Heat cramps usually affect workers who sweat a lot during strenuous activity and are often caused by performing hard physical labor in a hot environment. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion. Below are a few items to check for:

- Spasms in abdomen, arms, or legs.
- Muscle pain.
- Extreme weakness or fatigue.
- Dizziness, confusion, nausea.
- Elevated body temperature.
- Fast shallow breathing.

JULY SAFETY CAMPAIGN!! HEAT ILLNESS

2021

Water, Rest, Shade... The work can't get done without them

- 1. Heat illness can be a matter of life and death**
- 2. Workers die from heat stroke every summer and every death is preventable**
- 3. When heat stroke doesn't kill, it can shut down major body organs**
- 4. Workers suffering from heat exhaustion are at greater risk for accidents**