

# Heat Stress Signs

What to look for:	What to do:
<b>Heat Stroke</b>	
<ul style="list-style-type: none"> <li>Hot, red skin</li> <li>Rapid, weak pulse</li> <li>Rapid, shallow breathing</li> <li>Body temperature as high as 105° F</li> <li>Changes in consciousness</li> </ul>	<ul style="list-style-type: none"> <li>Call 911 – Heat stroke can be deadly</li> <li>Move victim to a cooler place</li> <li>Quickly cool the victim. Put in a cool bath or wrap in wet sheets or towels</li> <li>Keep the victim lying down</li> <li>Give small amounts of water if victim is fully awake and not vomiting</li> </ul>
<b>Heat Exhaustion</b>	
<ul style="list-style-type: none"> <li>Cool, moist pale or flushed skin</li> <li>Heavy sweating</li> <li>Headache</li> <li>Nausea or vomiting</li> <li>Dizziness and exhaustion</li> <li>Body temperature may be normal OR may be rising</li> </ul>	<ul style="list-style-type: none"> <li>Move victim to a cooler place</li> <li>Remove or loosen tight clothing</li> <li>Apply cool, wet cloths</li> <li>If conscious, give small amounts of cool water every 15 minutes</li> <li>Avoid drinks with caffeine or alcohol</li> </ul>
<b>Heat Cramps</b>	
<ul style="list-style-type: none"> <li>Tightening of the muscles in the legs or other parts of the body</li> </ul>	<ul style="list-style-type: none"> <li>Move victim to a cooler place</li> <li>Lightly stretch the affected muscle</li> <li>Give half glass of cool water every 15 minutes</li> </ul>

<b>Heat Stress Index</b>																				
ACTUAL TEMPERATURE READING (°F)																				
		74	76	78	80	82	84	86	88	90	92	94	96	98	100	102	104	105	110	
R	H	10%	68	70	72	74	76	78	80	82	85	87	89	91	93	95	97	98	100	105
E	U	20%	70	72	75	77	79	81	84	86	88	90	93	95	97	99	101	104	105	112
L	M	30%	73	75	77	78	80	83	85	87	90	92	95	98	101	105	108	110	113	123
A	I	40%	74	76	78	79	81	85	87	89	92	96	100	104	106	110	117	120	123	137
T	D	50%	75	77	79	81	84	86	90	93	96	100	105	108	110	120	125	132	135	152
I	I	60%	75	77	80	83	86	89	92	95	100	106	111	120	125	129	137	145	149	171
V	T	70%	75	77	81	85	89	91	96	100	106	115	122	128	134	143	152	161	166	194
E	Y	80%	76	78	83	86	91	95	100	106	114	122	129	138	148	158	169	181	187	219
		90%	77	79	85	89	95	99	109	115	122	131	141	152	164	176	189	202	209	247
<b>Heat Index</b>		< 80	81 - 90		91 - 105			106 - 130			Above 130									
<b>Danger Category</b>		None	Caution		Extreme Caution			Danger			Extreme Danger									

**\*Note: Exposure to full sun can increase Heat Index values by up to 15°F**

None	Little or no danger under normal circumstances
Caution	Fatigue possible if exposure is prolonged and there is physical activity
Extreme	Heat cramps and exhaustion possible if exposure is prolonged with physical activity
Danger	Heat cramps or exhaustion likely; heat stroke possible if prolonged with physical activity
Extreme	HEAT STROKE IMMINENT!