

Heat Illness Prevention Fact Sheet

Signs and Symptoms of Different Heat Illnesses

Transient Heat Fatigue

Causes

Workers unaccustomed to the heat are particularly susceptible and can suffer, to varying degrees, a decline in task performance, coordination, alertness, and vigilance

Signs and Symptoms

The temporary state of discomfort and mental or psychological strain arising from prolonged heat exposure

Heat Rash

Causes

The sweat ducts become plugged and a skin rash soon appears

Signs and Symptoms

Small, itchy red bumps on the skin. The rash may feel prickly, stinging, or burning

Heat Cramps

Cause

Excessive loss of water and salt through sweat

Signs and Symptoms

Painful muscle cramps and spasms usually in the legs, arms, and abdomen, heavy sweating

Heat Exhaustion

Causes

The result of dehydration and prolonged over-exertion.

Signs and Symptoms

- Fatigue
- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Fast, weak pulse
- Possible muscle cramps
- Dizziness
- Nausea or vomiting
- Fainting

Heat Stroke

Cause

Total breakdown of the body's cooling system

Signs and Symptoms

- Altered mental state (disorientation, confusion)
- Throbbing headache, confusion, nausea, dizziness, shallow breathing
- Body temperature above 103F Hot, red, dry skin
- Lack of sweating
- Rapid and strong pulse
- Fainting or loss of consciousness