Health Effects of Heat

Heat Exhaustion
Symptoms may include:
- Faint or dizzy
- Excessive sweating
- Weak, tired
- Nausea, vomiting
- Muscle cramps
- May have cool, pale, clammy skin

Heat Stroke
Symptoms may include:
- Confusion, disorientation
- Throbbing headache
- May lose consciousness
- Stopped sweating
- Red, hot, dry skin
- Nausea, vomiting
- Body temp above 103º

If experiencing these symptoms...

1. Get water, shade, and rest.
2. Stop all strenuous work in heat.

1. Call 9-1-1.
2. Take immediate action to cool down until help arrives.

To complete training, go to the UC Learning Center and search “Heat.”