

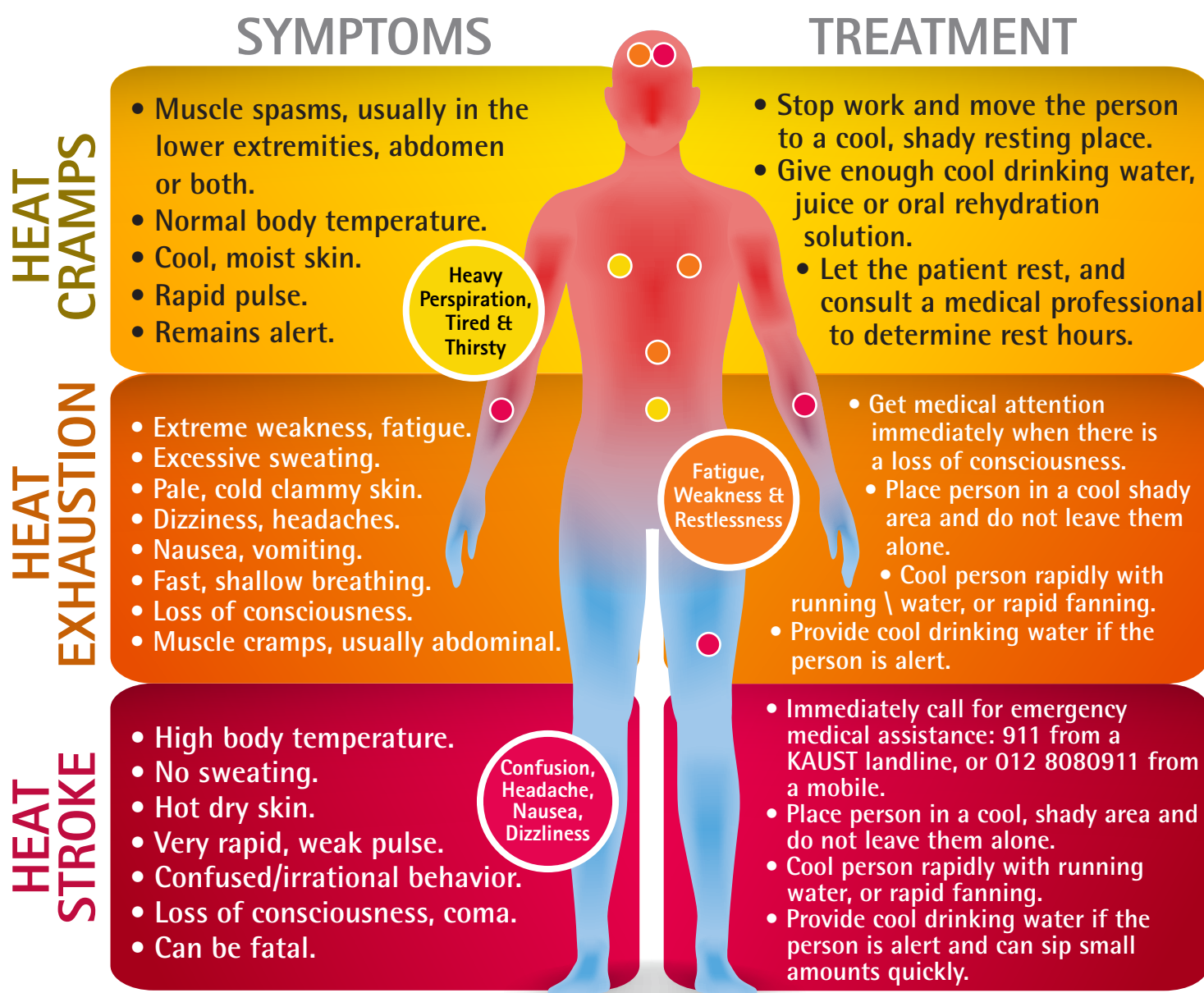


# Heat Illness Prevention: Symptoms & Treatment

The following are the normal responses to excess body heat:

- Reddened skin.
- Body surface temperature increases slightly.
- Sweating increases to provide evaporative cooling.
- Acclimatization occurs over a few weeks.

Typical symptoms and treatment guidelines for the more serious conditions of Heat Stroke, Heat Exhaustion and Heat Cramps are given here:



**MOST IMPORTANTLY**, do not let schedule or productivity influence awareness or caution in high heat weather. Pressure from Supervisors or Persons in Charge or self-induced pressure is the most dangerous hazard.

**NEVER IGNORE ANYONE'S SYMPTOMS!**