

Preventing heat illness should be the top priority of any Heat Stress Management Plan. Simplified criteria support **faster recognition and treatment** of heat illness in any setting.

Anticipation / Prevention



Indicator: High workplace temperatures, intense or prolonged work, age, poor sleep, dehydration, high blood pressure, fever, diarrhea, and vomiting.

Action: Follow your workplace's Heat Stress Management Plan.

Recognition



Indicator: Feeling overheated, unusual fatigue, chills, dull headache, cramps, dizziness, loss of coordination, severe thirst, confusion

Action: Follow your workplace's Heat Stress Management Plan.

Heat Exhaustion



Indicator: Fatigue and unsteadiness, nausea, collapse

Action: Rest in a cool, shaded area. Hydrate with cold beverages. Remove excess clothing. Apply cold water to the skin. Call EMS if no improvement within 15 minutes.

Heat Stroke



Indicator: Confusion, agitation, combative behavior, impaired motor control, incoherent speech, possible collapse or convulsions.

Action: Alert EMS immediately and begin cooling. Cold-water immersion (CWI) is preferred; if unavailable, use ice, cold water, towels, fans, or transfer the person to an air-conditioned space and continue cooling. Heat stroke is a medical emergency.