



Environmental, Health, and Safety Program	Pages: 7 of 12	Approval: Safety Cmte
Heat/Cold Stress Monitoring	Revision Date: 06/15/2016	

HEAT STRESS SYMPTOMS AND REMEDIES

	SYMPTOMS	CAUSES	REMEDIES
HEAT FATIGUE	Impaired performance of skilled, manual, or vigilance jobs.	Usually a result of lack of acclimatization.	Remove employee from source of heat stress.
HEAT RASH	Clusters of red bumps on the skin, often on the neck, upper chest, in skin folds, or where clothing is restrictive.	Usually occurs in a work environment where sweat cannot easily evaporate (hot / humid).	Keep affected area dry. Remove employee to a cooler, less humid environment.
HEAT COLLAPSE	Loss of consciousness.	Insufficient oxygen to the brain.	Gradual acclimatization.
HEAT CRAMPS	Muscle spasms, pain; usually in arms, legs, or abdomen.	Strenuous physical labor in a hot environment; excessive sweating causes electrolyte imbalance.	Rest in a cool, shady area. Drink water (8 oz. every 15-20 minutes) or commercially available carbohydrate-electrolyte replenishment drink. Seek medical attention if cramps persist.
HEAT EXHAUSTION	Cool, moist skin; heavy sweating; headache; nausea or vomiting, fainting, dizziness or light-headedness; weakness; weak, rapid pulse; thirst.	Strenuous physical labor in a hot environment; excessive sweating causes electrolyte imbalance and dehydration.	Rest in a cool, shady area. Drink water (8 oz. every 15-20 minutes) or commercially available carbohydrate-electrolyte replenishment drink. Cool the body with cold compresses or ice packs. Seek medical attention if no improvement within 60 minutes. Cease work for the day.
HEAT STROKE	High body temperature (>104F); confusion, agitation, delirium; seizures; hot, dry skin or excessive sweating; rapid, shallow breathing; racing heartrate.	Strenuous physical labor in a hot environment; prolonged (2 to 3 days) exposure to hot, humid weather.	Call 911! This is a medical emergency! While waiting for help, rest in a cool, shady area. Loosen or remove outer clothing. Cool the body with fans, water, ice packs. Remain with the employee until medical help arrives.



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COLD STRESS SYMPTOMS AND REMEDIES

	SYMPTOMS	CAUSES	REMEDIES
HYPOTHERMIA	<p>Mild – employee is alert but may begin to shiver or stomp feet to generate heat.</p> <p>Moderate to Severe -shivering will stop; skin may turn blue; employee may lose coordination, become confused or disoriented; slowing of pulse and respiration; loss of consciousness</p>	Employee becomes chilled due to rain, sweat, or immersion in cold water.	Move employee to a warm room or shelter. Remove wet clothing. Warm the body – chest, neck, head, groin. Warm beverages may be offered to a conscious employee. Call 911 if employee is not breathing or has no pulse – administer appropriate first aid.
TRENCH FOOT	Redness of skin, swelling, numbness, blisters.	Prolonged exposure to wet and cold temperatures.	Remove boots and wet socks. Dry the feet. Seek medical assistance as soon as possible.
FROSTBITE	Reddened skin develops grey/white patches; affected body part becomes numb, feels firm or hard, or develops blisters.	Clothing does not protect against cold, windy, or wet weather; prolong exposure to cold and windy conditions.	Check for hypothermia and remedy accordingly. DO NOT walk on affected feet or toes unless absolutely necessary. Protect skin from further exposure. DO NOT rub affected areas. Gently rewarm affected areas, using warm (99°F to 108°F) water for 15 to 30 minutes. DO NOT USE direct heat to rewarm affected areas.