

# The Hazards of Heat

**Heat stress occurs when heat causes your body temperature to rise above normal. Heat stress can cause:**

- ✓ muscle cramps
- ✓ weakness
- ✓ disorientation
- ✓ death, if body temperature remains high

**Be on guard against heat stress if you work in hot weather or hot environments, such as:**

- foundries
- kitchens
- laundries

**To prevent heat stress...**

- Adapt to working in hot conditions gradually—take it easy for the first week.
- Drink water frequently—at least eight ounces every 20 to 30 minutes.
- Wear personal protective equipment designed for hot environments.
- Always use the fans, ventilators, exhaust systems and heat shields that are available.

**If you work in a hot environment, learn first aid for heat stress. If someone shows symptoms of heat stress, get medical help immediately.**

