

- Elements of a Heat Illness Prevention Program include: breaks, shade, water and emergency procedures.
- Symptoms of heat exhaustion include: dizziness, headache, excessive sweating, fatigue, cramps, or vomiting.
- If someone is suffering from heat illness, move them into the shade, give them cool water and remove extra layers of clothing.
- Heat stroke is dangerous. Look for symptoms of dry red skin, high body temperature, seizures, fainting, and dizziness.
- If someone is suffering from heat stroke, move the victim to the shade, call 911, give cool water if the victim is conscious and place cool/ice packs on the neck, arm pits and groin.
- Emergency procedures include: call 911, administer first aid, meet the emergency services at the property entrance or nearest cross street, and have someone stay with the victim until help arrives.

*This tool is meant to guide a review discussion based on previous complete and compliant training. Providing only this information will not constitute legal training compliance.*

