Heat exhaustion vs. Heat stroke
Learn the symptoms

Heat exhaustion
What it looks like

- Elevated body temperature
- Dizziness
- Headache
- Heavy sweating
- Decreased urination
- Nausea
- Thirst
- Irritability
- Fatigue

Heat stroke
What it looks like

- High temperature (103°F or more)
- Confusion
- Slurred speech
- Skin is hot, red, and dry
- Seizures
- Fainting

Take action

Heat exhaustion
- Move worker to a cool place
- Remove and loosen clothes
- Cool with wet cloths or take a cool bath if available
- Offer small sips of water

Heat stroke
- Call 911: this is a medical emergency

Take action

When to call for help
- Symptoms worsen
- Symptoms persist

After you call
- Move worker to a cool place and don’t leave alone until help gets there
- Lower temperature by removing clothes
- Give a cool bath, if available
- Small sips of water, if possible

Information from the Centers for Disease Control and Prevention (CDC.gov)

Get more info: saif.com/safetyandhealth