

HEAT EXPOSURE

	Symptoms	Response
Heat Exhaustion	Cool, moist skin, heavy sweating, headache, nausea, dizziness, thirst.	Move to shade, sit or lie down, drink cool water, notify supervisor.
Heat Stroke	Confusion, fainting, seizures, excessive sweating or dry, red, hot skin.	Call 911, move to shade, loosen clothing, provide water, apply cool water or cold packs, stay until help arrives.



Tractor Talks



This material was produced under grant number SH-27619-15-60-F-37 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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