



## If a worker experiences:



Headache or nausea



Weakness or dizziness



Heavy sweating



Hot and dry skin  
High body temperature



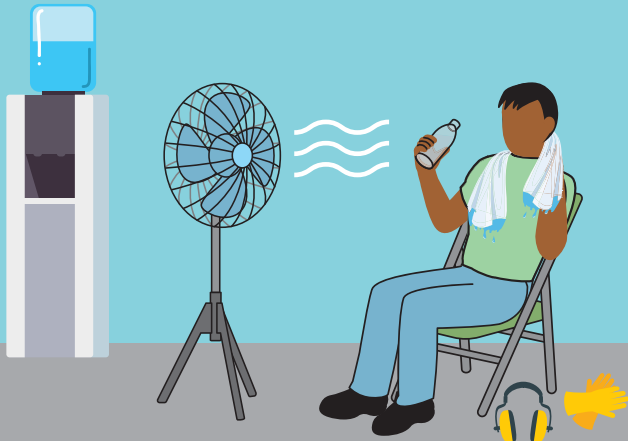
Thirst



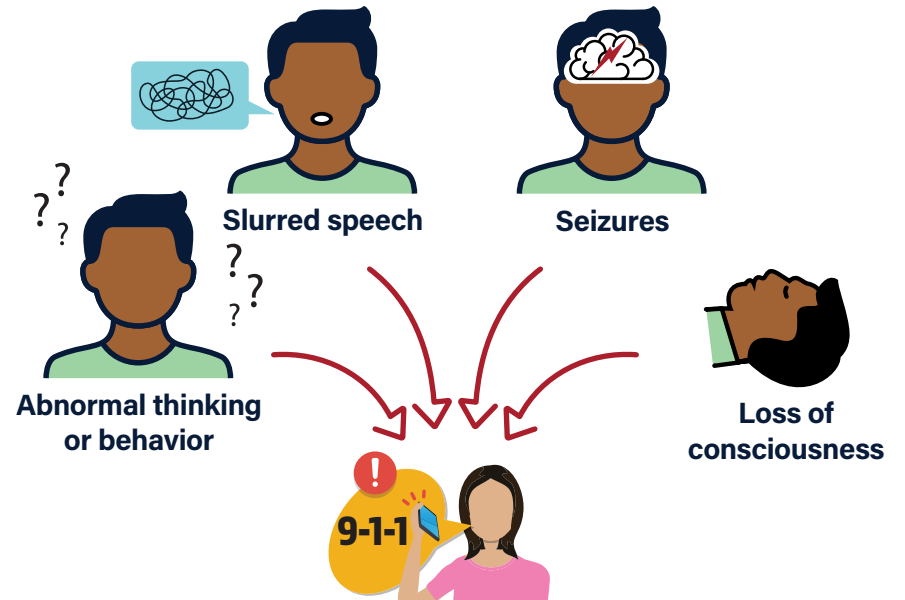
Decreased  
urine output

## Take these actions:

- Drink water
- Remove unnecessary clothing
- Move to a cooler area and use a fan, if available
- Cool with water and ice
- Do not leave alone
- When in doubt, call 911



## Signs of a medical emergency



1. Call 911 immediately
2. Cool the worker right away with water or ice
3. Remove unnecessary clothing and give cool water to drink
4. Stay with the worker until help arrives

