

EMPLOYEE RIGHT-TO-KNOW

Preventing
Heat and Cold
Related
Illness

HEAT-RELATED ILLNESS

HEAT RASH

“Prickly heat”

A tiny raised
blister-like
rash

PREVENTION

Shower after
work in hot
environments

If possible,
keep skin dry



HEAT-RELATED ILLNESS

**HEAT
EXHAUSTION**

**Fatigue,
weakness,
dizziness**

**Nausea,
headache,
moist clammy
skin**

PREVENTION

**HYDRATE!
Drink lots of
water**

**Take breaks
in cool areas**



HEAT-RELATED ILLNESS

HEAT STROKE

Hot, dry, red skin

Confusion, loss of consciousness

PREVENTION

Get medical attention right away

Begin cooling the victim immediately

Heat stroke is a medical emergency! Call paramedics as soon as you notice symptoms of heat stroke. To prevent heat stroke, drink plenty of water and take frequent breaks in cool areas.

COLD RELATED ILLNESS: HYPOTHERMIA

Excessive
exposure to
cold



Wet clothing
or skin



Risk for
Hypothermia

Hypothermia is a medical emergency!
Severe hypothermia can lead to death when the body's core temperature reaches 79 degrees Fahrenheit.

HYPOTHERMIA SYMPTOMS

Trembling on
one side of
the body

Memory lapse

Apathy

Uncontrollable
fits of
shivering

Poor
judgment

Bloated face

Slow, slurred
speech

Staggering
gait

Lack of
coordination

FIRST AID MEASURES FOR HYPOTHERMIA

Get Help

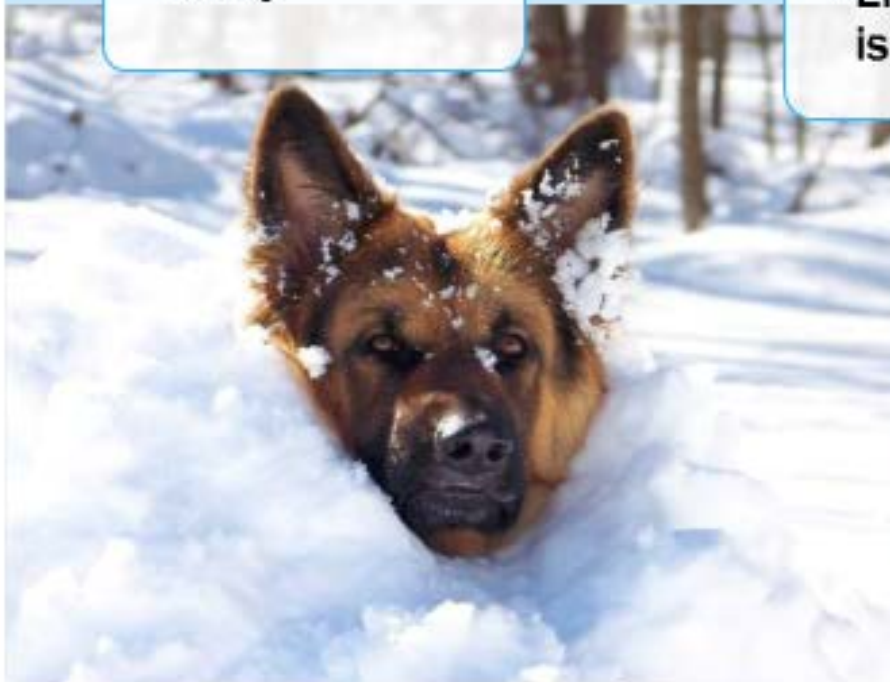
- Get medical help right away

Remove From Cold

- Remove wet or frozen clothes
- Ensure victim is dry

First Aid

- Apply external heat to the victim
- Handle the victim very gently – jostling a hypothermia victim can cause abnormal heart rhythms



COLD RELATED ILLNESS: FROSTBITE



Frostbite is caused when flesh is exposed to cold temperatures and freezes



Ice crystals form in the skin. Frostbite most commonly affects the toes, fingers, ears and face.



FROSTBITE SIGNS AND SYMPTOMS

FROSTBITE Signs and Symptoms

- Pain initially, then numbness
- Skin changes to white or ashen
- Loss of sensation
- Blisters
- Signs and symptoms of hypothermia may also be present

COLD RELATED ILLNESS

First Aid Treatment for Frostbite

Remove
victim
from cold

Cover
area
loosely
with
clean
dressing

Do not
rub or
massage
area

Get
medical
attention

REPORTING HEAT AND COLD RELATED ILLNESSES



Send the report to
mrincident.dnr@state.mn.us

Report all incidences of heat and cold related illness to your supervisor as soon as possible.



**DO YOU HAVE
QUESTIONS ABOUT
WORKING IN EXTREME
HEAT OR COLD?**

**ASK YOUR SUPERVISOR
OR A MEMBER OF THE
SAFETY PROGRAM
STAFF**

Safety and
Risk
Supervisor
651-259-
5471

Safety
Admin.
Northwest
and
Northeast
Regions
218-999-
7856

Safety
Admin.
Central
and
Southern
Regions
651-259-
5489