

Battle the Heat, Let it not Defeat Workers



Provide medical help in case of emergency



Altered mental sensorium
with disorientation



Hot, red
and dry skin



Body temperature
 $\geq 40^{\circ}\text{C}$ or 104°F



Throbbing
headache



Nausea and
vomiting



Muscle weakness
or cramps



Anxiety, dizziness,
fainting and light
headedness



Rapid heart beat
and Rapid,
shallow breathing

First aid steps in case of heat illness



Rest in shaded area,
offer water



Lie down with raised
feet, sponge with tap
water, offer water

Take the affected worker to Nearest hospital or call an ambulance



- If worker is unconscious, don't try to give anything to drink or eat
- If the worker is alert and awake, provide frequent sips of cool water or fluids like ORS solution
- Remove safety gear
- Loosen their clothing while maintain their dignity
- Slowly splash or sponge with tap water
- Increase the air flow by using a fan
- In case of vomiting, turn the worker onto their side to avoid choking

People at risk ▶

