

Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## Topic C590: Hyperthermia (B)

**Introduction:** Hyperthermia is the medical condition for overwhelming the body's heat regulation system, when it has absorbed more heat than it can get rid of.

Also known as heat stroke or sun stroke, hyperthermia is the most serious of the heat related illnesses that includes heat cramps and moves on to heat syncope [sing-kuh-pee], and then heat exhaustion before becoming heat stroke.

Because heat illnesses can rapidly progress from mild to severe without quick intervention, we will discuss the symptoms and first aid developed by the National Institute for Occupational Safety and Health (NIOSH) so you can recognize heat illness and hyperthermia in yourself and your co-workers and take steps to save their lives.

### Other Heat Illnesses

Heat rash is red pimples and blisters in areas like the neck and groin that come from too much sweating in hot and humid environments. It can be treated by keeping the area clean and dry.

Heat cramps occur in the abdomen, arms, or legs from depleting salt and fluids through excessive sweating from hard work in a hot environment. Rest in a cool place and drink clear juice or a sports beverage and limit strenuous work for a couple hours after symptoms because heat cramps can be an early symptom of heat stroke.

Heat syncope can bring on dizziness from not being acclimatized to newly working in hot conditions. It can be treated by sitting or lying down in a cool place and slowly drinking water, clear juice, or a sports beverage.

Heat exhaustion is the result of losing a lot of water and salt, causing you to feel weak, fatigued, dizzy, nauseous, and experience muscle cramps. Your body temperature may go up and you could sweat excessively. At this point, rest somewhere cool, shaded, or air-conditioned. Drink plenty of cool water. A cool shower, bath or sponge bath is also recommended.

### Heat Stroke Symptoms

Sweating stops and the body can't cool down or control its own temperature, rising rapidly and can reach above 106°F within 15 minutes. The skin may be hot and dry or sweat excessively and can be accompanied by hallucinations, throbbing headache, or a high temperature. In addition, confusion, dizziness, slurred speech or body "chills" can appear.

### Heat Stroke First Aid

Call 9-1-1 and notify a supervisor. Move the worker to a cool, shaded area and cool their body down by soaking their clothes, spraying, sponging, or showering them with water, and fanning their body. Place ice packs or cool wet towels on the neck, armpits, and groin.

**Conclusion:** Pay careful attention to the symptoms of these heat illnesses among yourself and co-workers, because without prompt response one can quickly lead to another. It's also important to never leave anybody with these symptoms alone. They need to be carefully watched, preferably by someone with appropriate first aid training who knows when to call 9-1-1.

**Employee Attendance:** (Names or signatures of personnel who are attending this meeting)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*