



## Deaths Caused by Heat-Related Illness

According to OSHA statistics, 36 workers on average have died each of the last 10 years due to heat-related illness. Another 2,800 workers per year are treated for severe heat-related illness.

The most serious type of heat illness is heat stroke. Heat stroke is a life threatening medical emergency that can result in death or permanent disability.

Some common symptoms of heat stroke:

- High body temperature
- Confusion, loss of coordination
- Hot, dry skin, or profuse sweating
- Seizures, coma

First aid for heat stroke:

- Call 911 for immediate medical assistance
- Move the worker to a cooler, shaded area
- Remove excess clothing and apply cool water to the body

The second most serious type of heat-related illness is heat exhaustion. Common symptoms for heat exhaustion may include: rapid heartbeat, heavy sweating, fatigue, dizziness, vomiting, and slightly elevated body temperature.

Recommended first aid for heat exhaustion: rest the person in a cool area, drink plenty of water or other cool liquids, and cool shower or bath.

The third type of heat related issue is cramps. If cramps occur, stop all activity and sit in a cool place. Drink liquids and do not return to work activity until after the cramps subside for a few hours.

Conney Safety offers many products that help reduce heat stress, such as cooling vests, bandanas, and electrolyte type drinks and drink mixes. These items can be found on [our website](#).

Sources:

<http://www.cdc.gov/niosh/docs/2011-174/pdfs/2011-174.pdf>

<https://www.washingtonpost.com/news/to-your-health/wp/2014/07/07/american-workers-die-needlessly-in-the-heat-every-year/>

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