



# Heat illness signs and symptoms

**Watch for signs of heat illness and act quickly. When in doubt, call 911.**

## If a worker experiences:

Headache or nausea  
Weakness or dizziness  
Heavy sweating or hot, dry skin  
Elevated body temperature  
Thirst  
Decreased urine output



## Take these actions:

- » Give cool water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care (if needed)

