



United States Department of Agriculture

Food Safety and Inspection Service

Managing Heat Stress - Know the Signs

HEAT STRESS PREVENTION

Self-Care Checklist

- ☐ Stay hydrated throughout the day; avoid caffeine and sugary drinks.
- ☐ Use neck cooling scarves and vented hard hats if available.
- ☐ Wear loose fitting clothing and change your face mask if it becomes wet.
- ☐ Communicate with your doctor to understand your risk for heat stress.
- ☐ Be mindful of symptoms of heat stress and look out for your team.

HEAT EXHAUSTION

DIZZINESS & FAINTING

EXCESSIVE SWEATING

COOL, PALE CLAMMY SKIN

NAUSEA OR VOMITING

RAPID, WEAK PULSE

MUSCLE CRAMPS

HEAT STROKE

THROBBING HEADACHE

NO SWEATING

RED, HOT DRY SKIN

NAUSEA OR VOMITING

RAPID PULSE AND BREATHING

MAY LOSE CONSCIOUSNESS

TAKE ACTION

- ☐ Take a break and go to a location that is cooler or air conditioned.
- ☐ Communicate with your team, get hydrated and monitor symptoms.

CALL 911

- ☐ Take immediate action to cool the person until help arrives.