

The winters in Montana are cold, and the summers are hot. While we don't experience constant 3 digit temperatures and humidity like the south, we are still at risk for having heat related injuries.

**What is heat stress:**

Heat stress occurs when the body is no longer able to regulate the core temperature, commonly through sweating. This can lead to heat exhaustion or heat stroke, both serious conditions.

**Symptoms of Heat Exhaustion:**

- Heavy Sweating turning to cool, moist skin with goose bumps when in the heat
- Fainting, Dizziness, Headache, Lightheadedness
- Fatigue and muscle cramps
- Weak, rapid pulse
- Nausea, vomiting
- Irritability, mood swings, confusion



**Symptoms of Heat Stroke:**

- Confusion, agitation, irritability, or loss of consciousness.
- Hot, dry skin without exercise, although sweating may occur if exercising.
- Nausea and vomiting. You may feel sick to your stomach or vomit.
- Flushed skin. Your skin may turn red as your body temperature increases.
- Rapid breathing. Your breathing may become rapid and shallow.
- Racing heart rate. Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.
- Headache. Your head may throb.

**Prevention:**

- **Take frequent breaks in hot conditions.**
- **Machines (mowers, vehicles, etc.) add heat to the index – heat stress can occur during temps in the 70's.**
- **Rest in the shade, or inside a building with A/C.**
- **Drink plenty of water and/or electrolytes: Cup of water every 15 minutes (not a quart on the hour).**
- **Avoid alcohol, caffeinated drinks and large meals.**
- **Wear light colored, lightweight, loose fitting clothes.**
- **Wear sunscreen and reapply every 2 hours.**



**Treatment:**

- **CALL 911**
- Move worker to cool, shaded area.
- Loosen or remove heavy clothing – in particular hats and shoes/socks.
- Provide small quantities of water, numerous times.
- Fan and cool person.