

# U.S. Department of Labor

Mine Safety and Health Administration

MSHA's Small Mine Office—Serving the small mines in America



## Week 26

Location: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Duration: \_\_\_\_\_

### 1) Heat Exhaustion

- ☐ Caused by loss of water through sweating without adequate fluid replacement. It is the most common heat related illness.
- ☐ **Signs and symptoms:** Heavy (excessive) sweating with skin feeling cool and clammy or moist, pale, gray or flushed looking, headache, weakness, dizziness, nausea.
- ☐ **Treatment:** Move the victim to a cool or shady area. Loosen or remove sweat soaked clothing. Pour water on and fan victim. If conscious slowly drink 4 oz cool water every 15 minutes. Elevate legs. If possible, avoid strenuous activity for the remainder of the day. Monitor the victim until the symptoms are gone, or medical aid arrives.

### 2) Heat Stroke

- ☐ If heat exhaustion is ignored this is what may happen. Heatstroke must be considered a medical emergency that may result in death if treatment is delayed.
- ☐ **Signs/Symptoms:** It is caused by failure of the body's cooling mechanisms. Inadequate sweating is a factor. Skin is red (flushed), hot and dry, changes in consciousness, rapid weak pulse and rapid shallow breathing, may experience weakness, dizziness, confusion, headaches seizures, nausea.
- ☐ **Treatment.** Cool victim immediately. Loosen or remove victims clothing. Spray or pour water on victim; fan to permit a coolant effect of evaporation. Massage extremities and skin which increases the blood flow to those body areas, thus aiding the cooling process. Elevate legs. Slowly drink water if conscious.

Attendees:

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

Employees Comments: