



Knowing these and other warning signs of heat-related illnesses can help prevent injury and even death.

CONDITION	SIGNS AND SYMPTOMS	COMMON CAUSES	TREATMENT
Heat Fatigue	<ul style="list-style-type: none"> impaired motor or mental ability 	<ul style="list-style-type: none"> lack of time to acclimate to hot working conditions 	<ul style="list-style-type: none"> drink water rest in a cool place
Heat Rash or "Prickly Heat"	<ul style="list-style-type: none"> red rash or welts that usually appear where clothing is tight or restrictive as sweating increases, the affected area feels like pin pricks 	<ul style="list-style-type: none"> skin that is continually wet from unevaporated sweat 	<ul style="list-style-type: none"> rest in a cool environment change into dry clothing
Heat Cramps	<ul style="list-style-type: none"> cramps in the stomach or extremities 	<ul style="list-style-type: none"> hard labor in hot environments electrolyte imbalance due to excessive sweating too much or too little salt lack of water replenishment 	<ul style="list-style-type: none"> slowly drink electrolyte containing fluids rest in a cool place
Heat Exhaustion	<ul style="list-style-type: none"> headache nausea vertigo or dizziness weakness thirst giddiness 	<ul style="list-style-type: none"> physical work in hot environments 	<ul style="list-style-type: none"> remove from hot environment drink fluids slowly rest in a cool place
Heat Collapse	<ul style="list-style-type: none"> fainting all heat exhaustion signs and symptoms are pre-cursors to fainting 	<ul style="list-style-type: none"> lack of time to acclimate to hot environments 	<ul style="list-style-type: none"> rest in a cool place drink fluids slowly, if there are no other injuries
Heat Stroke	<ul style="list-style-type: none"> lack of sweating hot, dry skin high body temperature confusion irrational behavior loss of consciousness convulsions 	<ul style="list-style-type: none"> continuing to work in hot environments after all other warning signs have been ignored 	<ul style="list-style-type: none"> this is a medical emergency. Seek professional care. move to a cool place remove outer clothing immerse the body in cold water or apply ice packs drink fluids use fans to circulate air

Continue employee participants on back if needed ►



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