



# Heat-related illnesses are preventable when you know the signs and symptoms to watch for in others and yourself

August 2022

*Changing the World's Energy Future*

Cole Scott Durst



#### **DISCLAIMER**

This information was prepared as an account of work sponsored by an agency of the U.S. Government. Neither the U.S. Government nor any agency thereof, nor any of their employees, makes any warranty, expressed or implied, or assumes any legal liability or responsibility for the accuracy, completeness, or usefulness, of any information, apparatus, product, or process disclosed, or represents that its use would not infringe privately owned rights. References herein to any specific commercial product, process, or service by trade name, trade mark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by the U.S. Government or any agency thereof. The views and opinions of authors expressed herein do not necessarily state or reflect those of the U.S. Government or any agency thereof.

**Heat-related illnesses are preventable when you know  
the signs and symptoms to watch for in others and  
yourself**

**Cole Scott Durst**

**August 2022**

**Idaho National Laboratory  
Idaho Falls, Idaho 83415**

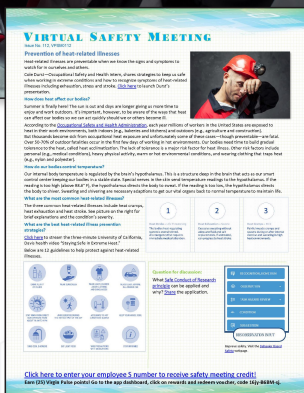
**<http://www.inl.gov>**

**Prepared for the  
U.S. Department of Energy  
Under DOE Idaho Operations Office  
Contract DE-AC07-05ID14517**

On **June 30**, Cole Durst – Occupational Safety and Health intern, shared strategies to keep INL employees safe when working in extreme conditions and how to recognize symptoms of heat-related illnesses including exhaustion, stress and stroke.

Live virtual safety-meeting discussions were held at **1:30 and 2:30 p.m.** on **Microsoft Teams**. Over **800 employees** attended a meeting, reviewed the brief or streamed the video.

# Heat-related Illnesses are preventable when you know the signs and symptoms to watch for in others and yourself



**Cole Durst**

Occupational Health and Safety Major  
Brigham Young University Idaho  
(971) 715-8360  
[coledurst98@gmail.com](mailto:coledurst98@gmail.com)

## How to Prevent Heat Stress

- Wear loose fitting, lightweight clothing
- Protect against sunburn
- Drink plenty of fluids.
- Take extra precautions with certain medications
- Take it easy during the hottest parts of the day
- Get acclimated
- Be cautious if you're at increased risk

## What to Look For: Heat Exhaustion

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

## What to Look For: Heat Stroke

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

## Things to Remember When Working Out in the Heat

- 1 Stay hydrated: drink before you get thirsty
- 2 Watch out for co-workers exhibiting signs of heat exhaustion and heat stroke
- 3 Take time to rest and cool down
- 4 When possible, start work earlier in the day when it's cooler