Health Effects of Heat

Heat Exhaustion

Symptoms may include:
- Faint or dizzy
- Excessive sweating
- May have cool, pale, clammy skin
- Weak, tired
- Nausea, vomiting
- Muscle cramps

If experiencing these symptoms...
1. Get water, shade, and rest.
2. Stop all strenuous work in heat.

Heat Stroke

Symptoms may include:
- Confusion, disorientation
- Throbbing headache
- May lose consciousness
- Stopped sweating
- Red, hot, dry skin
- Body temp above 103º
- Nausea, vomiting

1. Call 9-1-1.
2. Take immediate action to cool down until help arrives.

To complete training, go to the UC Learning Center and search “Heat.”

More resources are available at the UC Field Research Safety website, or contact your campus EH&S office for assistance. These suggestions were compiled by Sara Souza, UC Berkeley Office of Environment, Health & Safety, she leads the UC Center of Excellence in Field Research Safety and may be reached at sarasouza@berkeley.edu.