

Employee Safety

## VIDEO: Heat Stress and Dehydration

Brought To You by Sqwincher | Apr 23, 2018

### Video Highlights

Workers who are exposed to extreme heat or work in hot environments run the risk of:

**Heat Cramps:** Fatigue, confusion, painful muscle spasms in the arms, legs or abdominal areas.

**Heat Exhaustion:** Fatigue, confusion, clammy skin, nausea, low blood pressure, rapid pulse, fainting.

**Heat Stroke:** Fatigue, confusion, collapse, unconsciousness.

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