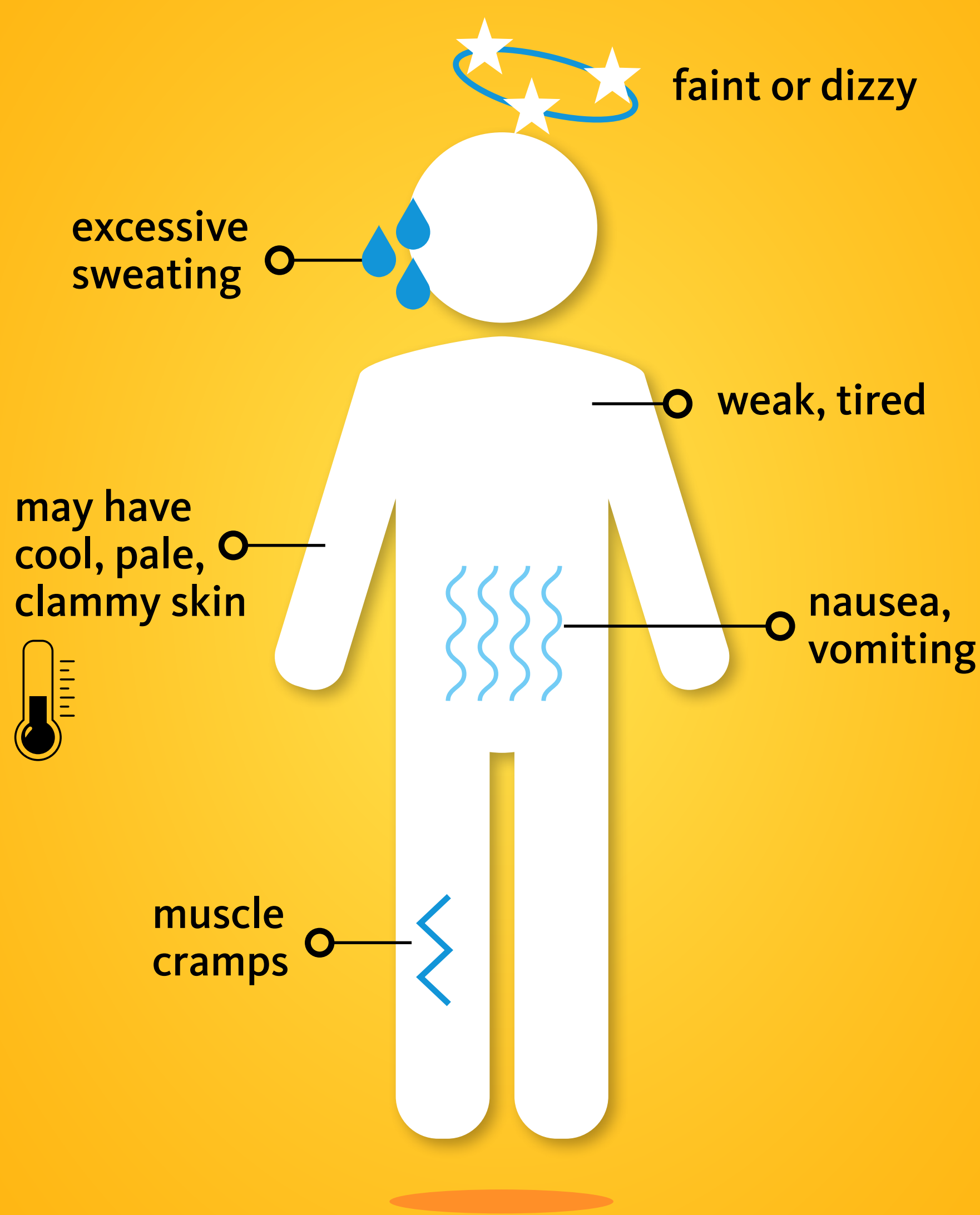


# Health Effects of Heat

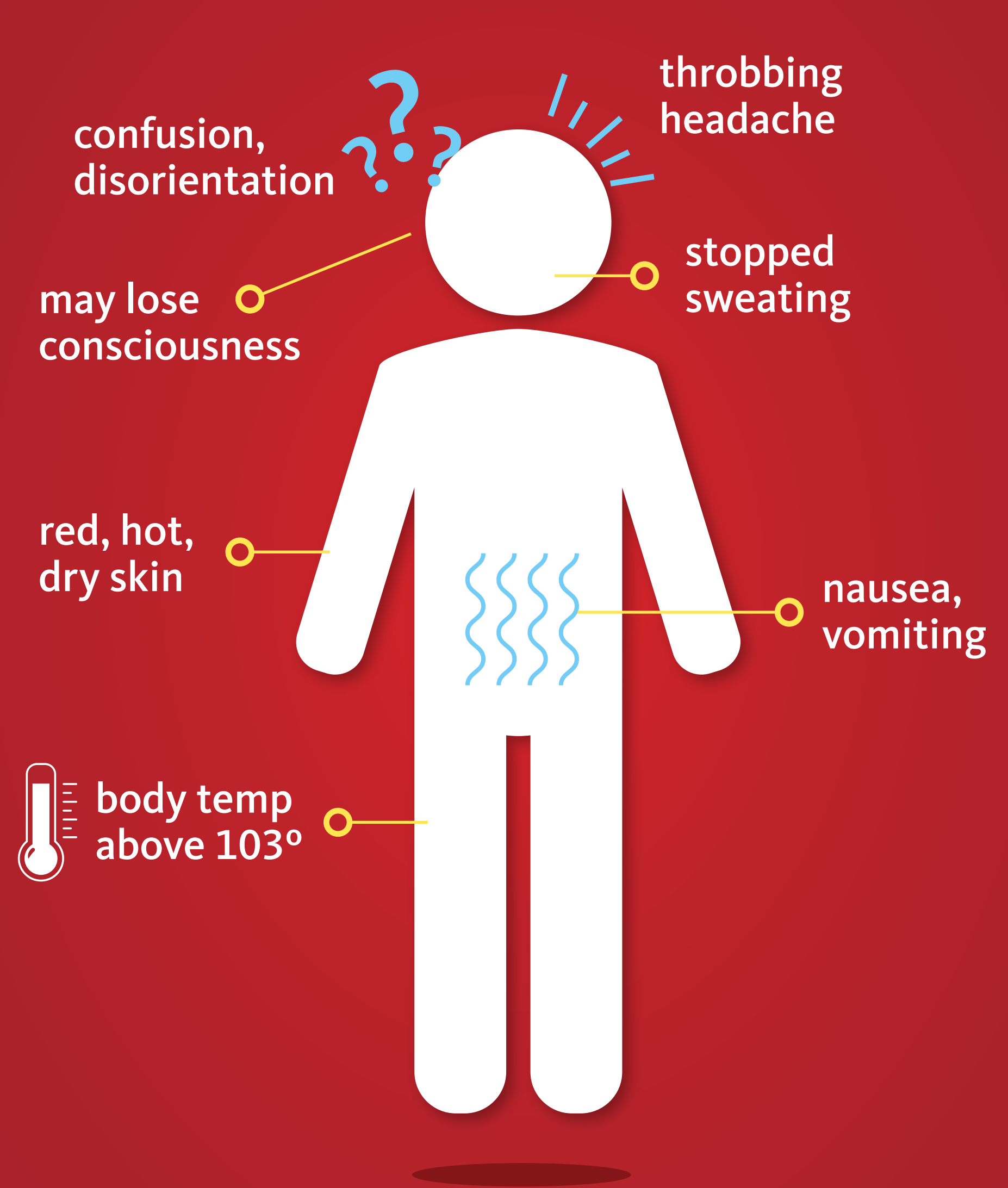
## Heat Exhaustion

Symptoms may include:



## Heat Stroke

Symptoms may include:



**If experiencing these symptoms...**

1. Get water, shade, and rest.
2. Stop all strenuous work in heat.
3. Monitor symptoms.

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

### CPP Training Links:

[Student Heat Illness Prevention training](#) or search "Heat Stress Recognition and Prevention -Cal/OSHA" on CPP Student Training Platform  
[Employee Heat Illness Prevention training](#) or search "Heat Illness Prevention (Employees)" on SumTotal  
[Manager Heat Illness Prevention training](#) or search "Heat Illness Prevention for (Managers)" on SumTotal



More resources are available at the CPP EH&S website, or contact the EH&S office for assistance.

Source: Sara Souza at UC Berkeley EHS