Are you at risk for getting a heat-related illness?
Take this self-assessment to learn about your risk factors.

Circle the following if they are true about you:

- Overweight
- Out of shape
- Use tobacco
- Older
- Sleep-deprived

Circle the following if you drink before or during work:

- Drinks with high caffeine
- Drinks with high sugar

If you feel sick today, circle the reason why you may not feel well:

- Vomiting
- Cold or flu
- Fever
- Diarrhea
- Hangover

Circle the following health conditions if you have them:

- Diabetes
- Heart disease
- High blood pressure
- Previous heat illness

Circle the following medications you take and/or conditions you take medications for:

- Thyroid
- Heart or blood pressure
- Water pills (diuretics)
- Laxatives
- Mental health or depression
- Nausea, bladder control or irritable bowel
- Diet pills
- Seizures
- Allergy, cold, or cough

If you circled any of these, you may have a greater chance of getting a heat illness. Be aware of how you feel and take steps to prevent heat illness!

Centro de Seguridad y Salud en la Agrícola del Noroeste del Pacífico
http://deohs.washington.edu/pnash/heat_illness
(800) 330-0827, pnash@uw.edu