

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

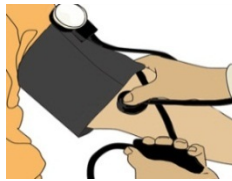
Circle the following health conditions if you have them:



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 heat illness.

Be aware of how you feel and take steps to prevent heat illness!



Centro de Seguridad y Salud en la Agricultura del Noroeste del Pacífico

http://deohs.washington.edu/pnash/heat_illness

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