

Working in the heat is needed on turfgrass facilities**July 18, 2019**

Working in the heat is needed on turfgrass facilities, but letting the weather cause serious harm to you and your workers is not. The following is from [Centers for Disease Control and Prevention Heat-Related Illness page](#).

Heat-Related Illnesses**Heat Stroke****WHAT TO LOOK FOR:**

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

WHAT TO DO:

- Call 911 right away, -heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

Heat Exhaustion**WHAT TO LOOK FOR:**

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

WHAT TO DO:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

Heat Cramps**WHAT TO LOOK FOR:**

- Heavy sweating during intense exercise
- Muscle pain or spasms

WHAT TO DO:

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

Sunburn**WHAT TO LOOK FOR:**

- Painful, red, and warm skin
- Blisters on the skin

WHAT TO DO:

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters
- Use sunscreen in the future

Heat Rash**WHAT TO LOOK FOR:**

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

WHAT TO DO:

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

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