

# Heat-Related Illnesses: Identification & Prevention – Video (Spanish Version)



About this Course.

Working in the heat outside and in hot environments inside can cause you heat-related illnesses. Some heat-related illnesses, like heat rash and cramps, are an annoyance. Others, like heat exhaustion and heat stroke, can cause you to become very sick and in the case of heat stroke, be life-threatening. (Spanish Version)