

Safety Spotlight

Practical tips to keep you safe

Preventing Heat Related Illness

Keep Yourself Cool

High temperatures and humidity stress the body's ability to cool itself. Heat illness becomes a particular concern during hot weather.

WHAT IS HEAT ILLNESS?

Heat illness can be one or more serious medical conditions like heat cramps, fainting, heat exhaustion and heat stroke that occur when your body keeps in more heat than it loses and your temperature rises.



WHAT YOU CAN DO TO PREVENT HEAT ILLNESS

- **Tell your supervisor immediately if you think you are getting sick from the heat**
- **Find a cool resting place when you are starting to overheat**
- **Drink lots of liquids. Don't wait until you're thirsty! By then, there's a good chance that you're already on your way to being dehydrated. Electrolyte drinks are good for replacing both water and minerals lost through sweating. Never drink alcohol, and avoid caffeinated beverages like coffee and soft drinks.**
- **Take a cool shower or bath after work to cool down**



Emergency Procedures

Symptoms of heat exhaustion

- Headaches
- Dizziness or lightheadedness
- Weakness
- Mood changes, irritability, confusion or the inability to think clearly
- Nausea and vomiting
- Fainting
- Pale, clammy skin

ACT IMMEDIATELY! If not treated, heat exhaustion can advance to heat stroke

- Move victim to a cool, shaded area. If symptoms include dizziness or lightheadedness, lay the victim on his or her back and raise legs 6 to 8 inches. If the symptoms include nausea or vomiting, lay the victim on his or her side.
- Loosen and remove any heavy clothing.
- Give the person cool water to drink – about a cup every 15 minutes—unless he or she is nauseous or vomiting.
- Fan the victim and spray with a cool mist of water or apply a wet cloth to the skin.
- Call 911 for emergency help if the person does not feel better in a few minutes.

Symptoms of heat stroke—a medical emergency

- Dry, pale skin with not sweating
- hot, red skin that looks sunburned
- Mood changes, irritability, confusion or the inability to think clearly
- Inability to revive form an unconscious state

CALL 911 for emergency help IMMEDIATELY!

- Move victim to a cool, shaded area. If symptoms include dizziness or lightheadedness, lay the victim on his or her back and raise legs 6 to 8 inches. If the symptoms include nausea or vomiting, lay the victim on his or her side.
- Loosen and remove any heavy clothing.
- Give the person cool water to drink – about a cup every 15 minutes—unless he or she is nauseous or vomiting.
- Fan the victim and spray with a cool mist of water or wipe the victim with a wet cloth or cover with a wet sheet.
- Place ice packs under the armpits and groin area.