

Safety-Gram



KEEP YOUR COOL

Be Aware of Heat Related Stress

Heat exhaustion begins slowly and if not treated quickly can progress to heatstroke. Heatstroke requires immediate emergency medical care and can be fatal.

Signs and Symptoms

HEAT EXHAUSTION

- ❖ Increased Thirst
- ❖ Weakness
- ❖ Fainting
- ❖ Muscle Cramps
- ❖ Nausea and Vomiting
- ❖ Irritability
- ❖ Headache
- ❖ Increased Sweating
- ❖ Cool, Clammy Skin
- ❖ Elevation of body temperature to less than 105°F (40.5°C)

HEAT STROKE

- ❖ Severe Headache
- ❖ Weakness, Dizziness
- ❖ Confusion
- ❖ Rapid Breathing and Heartbeat
- ❖ Loss of Consciousness leading to coma
- ❖ Seizures
- ❖ May not be sweating
- ❖ Flushed, hot, dry skin
- ❖ Elevation of body temperature to 105°F (40.5°C) or higher

What to do?

- ❖ Wear hats & use sun protection, as well as light colored, loose fitting clothing to protect skin and prevent overheating.
- ❖ Drink water every 15 minutes (even when not thirsty). Avoid feeling thirsty.
- ❖ Avoid alcohol or caffeine.
- ❖ Move into shade or cool building.
- ❖ Loosen or remove top layer of clothing.
- ❖ Take frequent breaks and cool down when possible.