

# Safety-Gram

## Title 45, Chapter 11

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# SUMMER

## HEAT SAFETY

### What are the heat related illnesses?

- **Heat Stroke** is a life-threatening emergency where the body temperature rises quickly.  
**Symptoms include:**
  - Hot, dry skin, high body temperature, rapid pulse
  - Confusion, delirium, dizziness or loss of consciousness
  - Seizures or convulsions
- **Heat Exhaustion** can precede heat stroke and includes cramps plus the following:
  - Pale sweaty skin
  - Weakness or fatigue
  - Headache, nausea, and/or dizziness
  - Fast weak pulse and fast shallow breathing
- **Heat Cramps** are severe cramping of muscles because of dehydration usually while exercising in the heat.
- **Heat Rash** is skin irritation caused by excessive sweating.

### What can I do to prevent Heat Related injuries?

- Drink lots of fluids, especially water. Keep cold water with you whenever you are outside. Talk to your doctor about how much to drink if you must limit liquids.
- Be sure to replace salt either by eating something salty or drinking some (not all) of your liquids as sports drinks. Talk to your doctor if you must limit salt.
- Wear light weight, light colored, loose fitting clothing.
- Limit outside activities to morning before noon and evening after 6pm and stay in shade as much as possible

### What **NOT** to do in the extreme heat!

- Avoid hot foods and heavy meals. Eat more frequent, smaller meals.
- Avoid caffeinated, sugary drinks and alcohol as they can increase water loss.
- Never take a cool shower immediately after becoming overheated.

**HEAT ILLNESSES CAN KILL. PREVENTION AND RAPID RESPONSE ARE CRITICAL**