

TAKE THE SIZZLE OUT OF HEAT RELATED ILLNESS

Heat illnesses can occur quickly. If you are not prepared, the situation can become life-threatening. Watch out for signs of heat illness in yourself and your co-workers. Be sure to report any symptoms to your supervisor right away.

Prepare. Recognize. Act. These three steps can help you beat the heat.

Prepare

- Have cool water available and drink it often. Avoid caffeine and alcohol.
- Eat light, healthy foods, preferably with a high-water content.
- Plan scheduled breaks in shaded or air-conditioned areas. (Every 15 minutes in extreme heat.)
- Wear light colored, loose fitting clothing.
- Learn how to identify the early signs of heat illness.

Recognize



Heat Exhaustion: Symptoms include nausea, headache, dizziness or faintness and cramping. Early heat exhaustion can often be treated with fluids and cooling (shower or wet wraps).

Heat Stroke: If left untreated, heat stroke can result in a person's death. Symptoms of heat stroke include a high temperature (>103 degrees), confusion or lethargy, and loss of consciousness. Skin may be hot and flushed; pulse may be racing. Always remember this is a serious condition that can result in death or lifelong problems. Call 911 immediately.

Act

- Drink water often. Do not wait until you feel thirsty - this is a sign that you are already dehydrated.
- Fans alone are not enough to counter heatstroke. Cover yourself with a damp sheet or damp cloth in combination with a fan to help cool off.
- If rapid cooling is needed, place cold rags or ice packs around the neck, armpits, and groin.