

Heat Safety

PEOPLE FIRST

SAFETY ALWAYS

As the temperature rises our body struggles to disperse the heat it produces. Heat—related illnesses can escalate rapidly, causing delirium, organ damage and even death.

Those most at risk are:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems or other long-term illness.
- People who work outdoors
- Athletes and people who like to exercise—especially beginners.
- Individuals taking medications that alter sweat production

Helpful tips to try to keep you cool:

- Wear light colored clothing that breathes and allows air movement. Long sleeves and long pants provide the best protection.
- Use sunscreen and re-apply during the day.
- Wear a wide brim hat.
- Take a break in shaded, cool areas—buildings or air conditioned vehicles.
- Use natural ventilation, fans and blowers to keep the air moving.
- If possible, schedule work indoors when the sun is at it's highest—10am to 2pm.
- Keep a sun shade in your car to try to keep the temperature down for your commute.
- Drink plenty of cool water throughout the day. Avoid caffeine and alcohol.
- Keep an eye on your workmates.

Heatstroke— when the body is unable to control its temperature and can cause death or permanent disability.

Symptoms:

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

First Aid:

- Call for emergency help immediately.
- Move the person to a cool, shaded area.
- Remove excess clothing and apply cool water to their body.
- Do not give aspirin or acetaminophen.
- Do not give the victim anything to drink.

Heat Exhaustion— the body's response to an excessive loss of water and salt, usually through sweating. Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.

Symptoms:

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature

First Aid:

- Rest in a cool area.
- Drink plenty of water or other cool non-alcoholic beverages.
- Take a cool shower, bath or apply wet towels to body.

Heat Cramps— affect workers who sweat a lot during strenuous activities. Sweating depletes the body's salt and moisture levels.

Symptoms:

- Muscle cramps
- Spasms in the abdomen, arms or legs.

First Aid:

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage, or drink water with food.
- Do not return to strenuous work for a few hours after the cramps subside.
- Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.
- Stretch affected muscles.

Other Helpful Tips:

- Make sure your pets have plenty of shade and water if they are outdoors.
- **NEVER** leave a pet in a car, not even with a window cracked.
- If it's too hot on the ground for your bare feet, it's too hot for your pet's.
- Babies 6 months and younger get hot quickly and can't wear sunscreen, so keep them inside or in the shade.
- Protect kids faces and heads with a hat.
- Don't forget the sunscreen for the kids. Apply 30 minutes before they go outside.
- **NEVER** leave children in the car. Over the last 20 years, more than 600 kids have died as a result of being left in a hot car. If you need a tip to remember, take off your left shoe and put it in the back seat. You won't walk away from your car without your shoe.
- Check on the elderly often. They are highly susceptible to the heat.
- If you are using a window unit air conditioner, make sure that you use a special, heavy duty extension cord appropriate for high wattage appliances.