

# Beat the Heat

## H E A T S T R O K E

### Symptoms of Heat Stroke

- Very high body temperature
- Hot, dry, flushed skin
- Deep, rapid breathing
- Rapid, weak pulse
- Confusion, irrational behavior
- Dizziness
- Convulsions
- Vomiting
- Unconsciousness

### Heat Stroke First Aid

- Seek medical attention immediately. ALL heat stroke victims need hospitalization.
- Move the victim to a cool place
- Remove or loosen heavy clothing
- Cool the victim by any available means
- Place ice packs or wet towels in high blood flow areas such as neck and armpits
- Seizures may occur, so be prepared
- Do not leave the victim

### Symptoms of Heat Exhaustion

- Subnormal body temperature
- Moist, clammy skin
- Fatigue
- Headache

### Heat Exhaustion First Aid

- Move the victim to a cool place
- Keep the victim lying down
- Cool the victim by applying cold packs, wet towels or clothes
- If the victim is fully conscious, give him/her cold water
- If no improvement is noted within 30 minutes, seek medical attention

### Heat Exhaustion

## Prevention

### Early Warning Signs

The symptoms below may indicate the beginnings of heat related illness. Don't ignore these important early warning signs in yourself and others!

- Headaches
- Dizziness
- Lightheadedness
- Weakness
- Irritability

### Prevention

What can *you* do to prevent heat related illness from happening to you?

- **Stay hydrated:** Drink *before* you feel thirsty. You need to replace the three gallons of sweat you can lose working outside for a full day.
- **Acclimatize:** Take it easy the first few days of working in at a new level of heat. Gradually increase your workload.
- **Be Aware:** Keep an eye on your colleagues when working under hot conditions. *Stop* and treat symptoms as necessary.

## Heat Stress Index

Humidity can make it feel hotter outside than the temperature gauge says it is. Using the chart below, you can look up what the temperature feels like based on the actual temperature and humidity. Orange is a danger zone for heat illness and red is extreme danger. There are some risk factors that lower the apparent temperature that is a danger zone for *you*. If anything below applies to you, make sure you are extra careful when there is a chance for heat related illness.

- Wearing Protective Clothing
- High blood pressure, heart disease
- Certain medications
- General lack of wellness
- Prior heat stress
- Pregnancy

% RELATIVE HUMIDITY

	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
85	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108
90	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122		
95	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
100	93	95	97	99	101	104	107	110	115	120	126	132	138	144						
105	97	100	102	105	109	113	118	123	129	135	142	149								
110	102	105	108	112	117	123	130	137	143	150										
115	107	111	115	120	127	135	143	151												
120	111	116	123	130	139	148														
125	116	123	131	141																
130	122	131																		

