

BEAT THE HEAT

People suffer heat-related illness when their bodies are unable to properly cool themselves. The body normally cools itself by sweating. Under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Recognize the Signs of Heat Illness

Heat Cramps

- Involuntary muscle spasms following hard physical work in a hot environment
- Heavy perspiration
- Cramping in the abdomen, arms, and calves

Heat Exhaustion

- Weakness, anxiety, fatigue, dizziness, headache, and nausea
- Profuse perspiration, rapid pulse, rapid breathing
- Possible confusion or loss of coordination
- May lead to heat stroke if not treated

Heatstroke (EMERGENCY!! Death is Imminent)

- Diminished or absent perspiration
- Hot, dry, and flushed skin
- Increased body temperatures, delirium, convulsions, seizures, possible death
- Rapid pulse, weakness
- Headache, mental confusion, dizziness
- Extreme fatigue
- Nausea/ Vomiting
- Incoherent speech progressing to coma
- Medical care urgently needed

Treatment of Heat Illness

- Move person out of direct sunlight into air-conditioned environment, if possible
- Remove clothing, maintaining modesty
- Have them drink water if conscious
- Sprinkle water on them. Fan them if there is no breeze
- Get medical attention ASAP

Prevention of Heat Illness

- Increase frequency of fluid intake when working in hot environments
- Take a break every 30-60 minutes
- Decrease intensity of work under extreme conditions
- Dress children and infants in cool, loose clothing and shade their heads and faces with a hat or umbrella

Be Aware of Others and Those at High Risk

When in the heat, monitor the condition of others in your surrounding and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. Although anyone at any time can suffer from heat-related illness, some factors increase your sensitivity to heat.

- Infants and children younger than 4 and adults over 65 have a harder time regulating their temperature.
- Certain drugs may affect your body's ability to stay hydrated.
- Carrying excess weight can affect your body's ability to regulate its temperature.
- Sudden temperature change or a high heat index can happen fast, so make sure that you always check your local weather.

Administrative Review and Risk Management

ARRM Division

April 2018 Safety Circular