

Surviving the Hot Weather

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. The best way to avoid a heat-related illness is to limit exposure outdoors during hot days

Heat related illnesses can escalate rapidly.

Those most at risk include:

- Those who work in the heat
- Infants and young children, especially if left in hot cars
- People 65 and older

If you work outside, take precautions to minimize the risk of heat-related illnesses by:

- Taking short rest periods throughout the day
- Stay hydrated – drink *before* you get thirsty
- Watch out for coworkers exhibiting signs of heat exhaustion
- Wear loose-fitting clothing and a hat
- Replace salt lost from sweating by drinking sports drinks
- Avoid being outdoors between 11am – 3pm, if possible
- Wear sunscreen
- Pace yourself

Know the symptoms of different heat-related illnesses:

- **HEAT EXHAUSTION SIGNS**

- Pale, moist skin
- Muscle cramps
- Fatigue, weakness, or exhaustion
- Headache, dizziness, or fainting
- Nausea and/or Rapid heart rate
 - Possible Remedies:
 - Move victim to shaded or air-conditioned area
 - Give them cool water
 - Apply wet towels

- **HEAT STROKE SIGNS**

- Seek medical help immediately if victim has the following:
 - Skin is flushed, dry and hot to the touch, sweating has usually stopped
 - Rapid breathing
 - Headache, dizziness, and confusion
 - Convulsions or is unresponsive

IMMEDIATELY TAKE ACTION!

1. CALL 911 and move victim to a cool place
2. Remove unnecessary clothing
3. Immediately cool them, preferably immersing up to the neck in cold water
4. If immersion is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
5. Keep cooling and monitor their breathing – be ready to give CPR, if needed, until EMS arrives

DO NOT:

1. Force them to drink liquids
2. Apply rubbing alcohol to the skin
3. Allow them to take pain relievers or salt tablets

Remember these strategies for a safe and enjoyable summer!

