



PROTECT YOURSELF FROM HOT WEATHER

2010 Bureau of Labor Statistics report that 4190 workers suffered from heat illness and 40 died from heat stroke and related causes on the job.

HEAT RELATED ILLNESSES:

1. SUNBURN
2. HEAT CRAMPS
3. HEAT EXHAUSTION
4. HEATSTROKE/SUNSTROKE

HIGH RISK PEOPLE

1. People that work outdoors or are required to wear heavy or protective clothing
2. People over 65 years of age
3. People who are overweight or obese
4. People who have high blood pressure
5. People with heart disease, lung disease, diabetes, or have an infection causing a fever
6. People who are on certain medications or have been drinking alcohol

SUNBURN

Exposure to the sun's ultraviolet rays. UVB is the light that actually causes the sunburn; UVA is the ray that penetrates deeper into the skin and causes the damage that leads to skin cancer and skin changes.

Symptoms:

1. Redness, blisters, tenderness of the skin
2. Nausea and headaches, chills

Treatment:

1. Topical cream or spray for the tenderness and redness
2. Moisturizers to replace the lost skin moisture
3. Tylenol for the pain
4. Drink plenty of water

HEAT CRAMPS

The cramps usually occur in the legs and abdomen when a person is sweating heavily and replacing water but not salt. The skin is hot and moist and the pulse is normal

Symptoms

1. Painful spasms usually in the legs and abdomen
2. Skin is hot and moist, pulse is normal

Treatment

1. Remove victim to a cooler shaded area.
2. Loosen clothing
3. Have victim drink water, salted if available.
4. Keep the victim sitting or lying down
5. Seek medical help if the cramps persist

HEAT EXHAUSTION

Occurs when the body's heat control system is overtaxed, your body's core temperature is increasing and your normal body mechanism's can't keep up.

Symptoms

1. Victim becomes weak and is sweating heavily
2. Person is unable to speak clearly
3. Fainting and vomiting are possible.
4. Muscle cramps
5. Body temperature will be high but near normal

Treatment

1. Get victim out of the sun
2. Lay the victim down and loosen clothing
3. Apply cool wet cloths
4. Have victim drink water in small amounts, salted if possible

HEATSTROKE/SUNSTROKE

Heat stroke is the result of untreated heat exhaustion; the body is unable to cool itself. This is a severe medical emergency and the victim is in danger of damaging organs and death is a possibility. Victim must have immediate medical attention

Symptoms

1. Headache, nausea/vomiting
2. Fainting and blurred vision
3. Confused and delirious
4. May be still sweating or victim may have stopped sweating and skin may be red, hot and dry

Treatment

1. Call an ambulance immediately
2. Remove victim to shade
3. Begin cooling victim as quickly as possible; spray or sponge him with cool water or immerse in cool water
4. Keep the victim lying down
5. **Do Not** give liquids until the condition has been stabilized and then only in small amounts

Prevention of Heat Related Illnesses

1. Dress for the weather, loose, light-colored clothing, hat and sun glasses
2. Drink plenty of liquids throughout the day. Dehydration is one of the main causes of heat stress so don't wait until you feel thirsty to drink. Drink water or non-carbonated, caffeine free beverages.
3. Everyone needs to wear sunscreen of at least SPF 15 and cover all areas. Your skin tone or race will not protect you from the effects of the sun. Wear sunscreen even when it is cloudy as the sun's rays can pierce the clouds and cause a burn
4. Eat frequent light meals and snacks
5. Avoid, if possible, the sun during its strongest period, 11:00 AM to 2:00 PM