

## Heat Stress Awareness

Everyone is different when it comes to heat. We all vary from individual to individual when it comes to our tolerance of heat. The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperatures can quickly rise to dangerous levels if you don't drink enough water and rest in the shade. You can soon suffer from heat stroke or heat exhaustion.



### Heat related Illness – Know the signs.

#### Symptoms of Heat Exhaustion:

- Light headedness
- Nausea/vomiting
- Fast heartbeat
- Irritability
- Cool, moist skin
- Heavy sweating
- Dizziness
- Thirst

#### Symptoms of Heat Stroke:

- Confusion
- Fainting
- Seizures
- Excessive sweating or red hot dry skin

#### First Aid:

Have the worker sit or lie down in a cool, shady area. Give the worker plenty of water or other cool beverage. Cool the worker with cold compresses or ice packs to the armpits if possible. Seek medical attention if signs or symptoms worsen. Call 911.

### Tips to Beat the Sun and the Heat:

- Always dress appropriately. Wear clothes that breathe. Nothing should be too tight. This will allow fresh air to flow over your skin and help you stay cool.
- Drink plenty of fluids. Water and sports drinks are two excellent choices. Stay away from sugary soda's and energy drinks. They can speed up the dehydration process.
- Wear sun block and a protective hat if you are out in the sun. The higher the SPF, the more protection offered.
- Take breaks and go indoors or into an air conditioned car, if not available, find some shade. It is important to allow your body a chance to recover from the heat.
- Remember the hottest part of the day is around 10am till 2pm when the sun is at the highest point in the sky.