



What Are Types of Heat Illness?

Heat rash is caused by excessive sweating during hot and humid weather and appears on the skin in the form of a rash or small blisters.

Heat cramps are painful muscle spasms that occur when excessive sweating (usually from strenuous physical activity) has depleted the body of its salt and fluids (Electrolytes).

Sunburn is caused by overexposure to the sun's ultraviolet rays. It may cause burns and blisters on the skin which may also be called sun poisoning. Long term exposure to the sun may lead to skin cancer.

Heat exhaustion occurs when the body loses more fluids than it has taken in. Some symptoms include excessive sweating, cold and clammy skin, weakness, muscle cramps, dizziness, vomiting and loss of consciousness.

Heatstroke is a life threatening emergency that occurs when the body's natural temperature regulation system shuts down and normal sweating stops. Symptoms include hot, dry, flushed skin or profuse sweating, chills, altered behavior, slurred speech, convulsions and high internal body temperature.

If any of these symptoms are present, seek medical attention immediately!

Heat illness risk factors

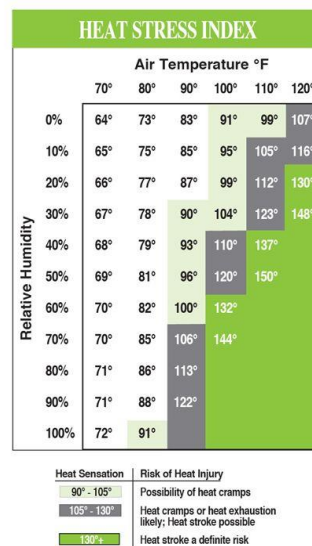
Some of the following personal and environmental conditions can increase the risk of heat related illnesses:

Environmental conditions

- High air temperature
- High humidity
- Lack of air movement
- Physical activity
- Direct heat from the sun
- Personal protective equipment

Personal conditions

- Insufficient water consumption
- Consumption of alcohol, caffeine, energy drinks or carbonated drinks
- History of heat illness
- Poor fitness level - overweight or underweight
- Medications
- Low salt diet
- Advanced age or young age



Acclimatization

It takes about 4-7 days for most people to adjust to unusual heat. If you know that you will be exposed to hot temperatures, spend more time each day in the heat for about a week before beginning your task (Acclimatization). During this period, you should begin work slowly and gradually increase your work pace and schedule. Drink small amounts of cool water frequently when you're in the heat; at least 32 oz per hour is recommended. You may not be thirsty but your body can still be losing as much as three gallons of water a day in hot weather. If you are not needing to urinate during the workday, then you are not drinking enough water. Take rest periods often to prevent the symptoms of heat illness.

Heat illness prevention

Drink water!!!

- The average person may lose up to two quarts of fluids per hour when working in hot weather. Dehydration can occur very quickly.
- The only way to replace your body's fluids is to drink water.
- Once you are thirsty, you may already be dehydrated.
- Avoid the consumption of alcohol and caffeine and limit the amount of sugar.

WEAR APPROPRIATE WORK CLOTHES AND COOL DOWN UNDER COVER

- Wear a wide brim hat, sunglasses and loose cotton, light-colored fabrics to help you stay cool.
- Take frequent breaks in a cool place.
- When possible, stay out of direct or reflective light.

Summary

Heat illness may be prevented if these measures are followed. Understanding heat illness may save your life and others. So please watch for symptoms, drink plenty of water and report any signs of heat illness immediately to your supervisor! Together, we can "beat the heat".

I have read and understand the above material regarding Heat Safety and Heat Illness Prevention.

Print name

Signature

Date



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