

Heat Stress - Beat The Heat!

What is Heat Stress?

When you work, play or exercise, your body temperature rises. To protect itself from overheating, the body tries to cool itself. Normal body temperature is approximately 98.6°F. An increase of two to three degrees can make you feel sick. Higher body temperatures can be extremely dangerous. Your body tries to regulate its temperature through:

- An increased blood flow
- Perspiration
- Respiration

As the body tries to regulate its temperature, other body functions may be neglected, and heat stress disorders may begin.

- When more blood flows to the skin for cooling, less blood is available for the brain, organs and muscles.
- The body can lose large quantities of fluid and electrolytes through perspiration.
- The body generates more heat than it loses.
- In extreme cases, the body's temperature-regulating systems can fail and sweating stops completely.

What Can Heat Stress Do to Me?

Excessive heat can affect your health and safety. Symptoms of heat stress can range from headaches, nausea or dizziness to death. Heat can also make you feel tired or irritable; and it can reduce your ability to concentrate and make you more likely to have an accident.

Heat Stress Disorders

Disorder	First Aid
Fainting	Keep the person lying down (in a cool place if possible). Keep the airway open. If the person vomits, place them on their side. Get medical help if the person does not recover in a few minutes
Cramps	Move the person to a cool place. Give small amounts of cool water. Stop giving fluids if the person vomits.
Prickly Heat (skin rash)	Keep the skin as dry as possible; shower often and wear fast-drying cotton clothing.

Heat Exhaustion

Symptoms	First Aid
<ul style="list-style-type: none">• Sweating• Near normal body temperature• Clammy skin• Pale or flushed complexion• Weakness• Dizziness• Nausea	<ul style="list-style-type: none">• Move the person to a cool place.• Have the person lie on their back, feet elevated.• Fan the person and sponge them with cool water.• Offer a conscious person small sips of cool water.• Get medical help.

BEAT the HEAT!

Heat & Safety Procedures

Heat & Safety...

In temperatures over 79° F, you become more accident prone.

Steps to Avoid Heat Stress...

Get Acclimated to the Heat

- Allow your body to adjust to the heat gradually
- After an absence of two weeks or more, allow a five day acclimation period
- Spend 50% of the normal workload and time exposed to heat the first day
- Build up to 100% by the fifth day

Adopt Special Habits

- Drink cool water every 15 to 20 minutes, even if you're not thirsty
- Avoid alcohol and caffeine
- Consume a balance of electrolytes (sports drinks) and water
- Plan ahead for the heat
- Eat lightly
- Rest often

Protect Yourself...

Indoors

- Insulated gloves
- Comfortable/protective suits
- Face shields and goggles
- Fans – to increase air circulation

Outdoors

- Wide-brimmed hats
- Sunglasses and sweatbands
- Proper footwear
- Cool, breathable cotton clothing

Heat Stroke

CALL FOR MEDICAL HELP IMMEDIATELY – Then Start First Aid

Symptoms

- No sweating (in some cases victim may sweat profusely)
- High temperature (105° F or more)
- Hot, dry, flushed skin
- Confused, delirious behavior
- Loss of consciousness or coma

First Aid

- Move the person to a cool place
- Cool the person quickly by giving a cool bath (or sponging with cool water) and by fanning
- Treat for shock
- Offer a conscious person small sips of cool water



SafetyConnection: Heat Stress - Beat the Heat!

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