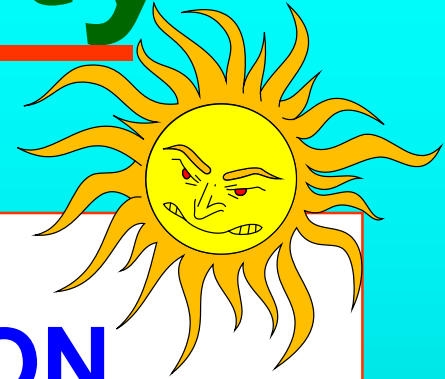


Summer Safety

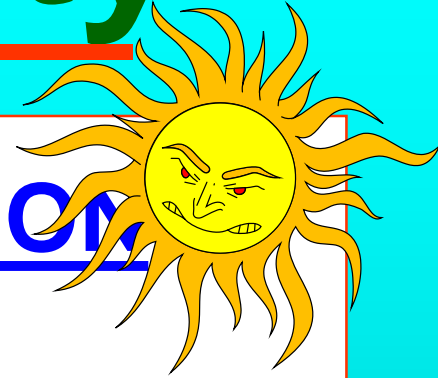


HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

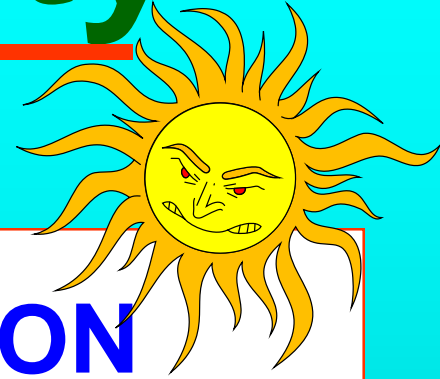
Summer Safety

HEAT INJURY PREVENTION



- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen if necessary with Sun Protection Factor (SFP) 15 or greater.

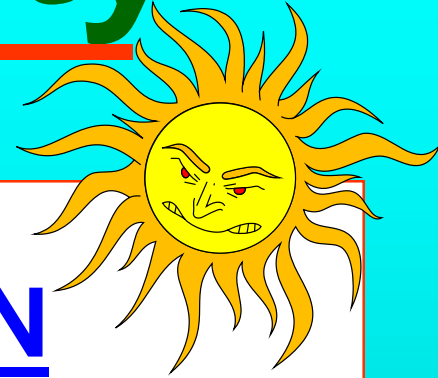
Summer Safety



HEAT INJURY PREVENTION

- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day !!!!
- Use the buddy system
- Monitor those at risk
- Use common sense

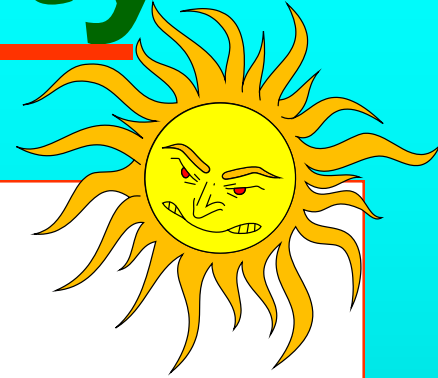
Summer Safety



SUNBURN PREVENTION

- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000-1600)
- Avoid repeated exposure
- Seek medical care in case of severe sunburn

Summer Safety



HEAT RASH

CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

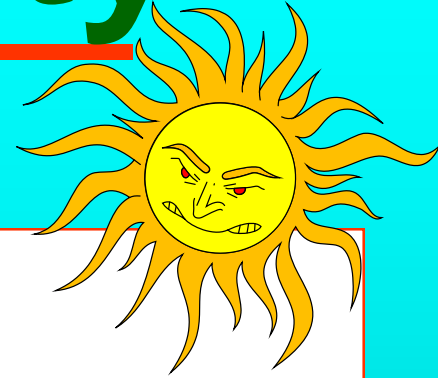
SYMPTOMS

Appears as a cluster of pimples or small blisters neck, groin area; under breasts & arms; and skin creases

TREATMENT

Baby powder with corn starch
Cool shower - avoid lotions - change clothes frequently

Summer Safety



HEAT CRAMPS

CAUSE

Excessive loss of salt from the body

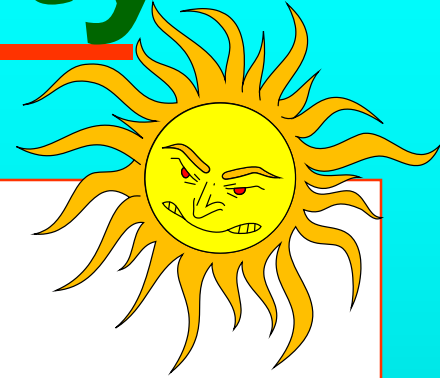
SYMPTOMS

Painful cramps of the major muscle groups
(arms, legs, or stomach)

TREATMENT

Provide cool water - shade - monitor

Summer Safety



HEAT EXHAUSTION

CAUSE

Excessive loss of salt and water in the body

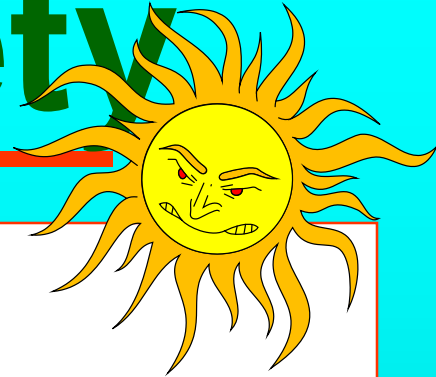
SYMPTOMS

Profuse sweating - headache - paleness - weakness
nausea - cool moist skin - tingling sensation in extremities

TREATMENT

Provide water - shade - elevate feet - monitor
seek medical attention immediately

Summer Safety



HEAT STROKE

CAUSE

The body's heat regulatory mechanism stops

SYMPTOMS

Headache - dizziness - delirium - weakness - nausea
red, hot skin - unconsciousness

TREATMENT

MEDICAL EMERGENCY!!

cool shaded area - soak clothing and fan - elevate feet
massage extremities – **Call Ambulance**