Hot weather safety

Checklist

In hot environments, your body maintains a normal temperature by sweating and blood flow to the skin. Heat exhaustion or heat stroke can occur when your body can't transfer enough heat to keep you cool.

Stay safe during extreme heat

- ☐ Drink plenty of water before work and throughout the day; avoid alcohol, caffeine and sugary drinks.
- ☐ Eat light – the more calories you take in, the more body heat you produce.
- ☐ Wear lightweight, light-colored, loose-fitting clothing if safe for your job.
- ☐ Apply 15 SPF or higher sunscreen 30 minutes before going outdoors.
- ☐ If you have a chronic medical condition or take medication, ask your doctor about heat-related illness.

Heat exhaustion symptoms

- Sweating; pale, ashen or moist skin
- Muscle cramps (especially if working outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

Heat exhaustion treatment

- Stop working and move victim to a cool place
- Loosen or remove outer clothing
- Give the victim a carbohydrate-electrolyte drink, such as a sports drink
- Cool the victim with a cool water spray or wet cloths on the forehead and body
- **Get medical help if the victim is vomiting, if symptoms get worse or last longer than one hour.**

Heat stroke symptoms

- Sweating has stopped
- Hot, red, dry skin
- Rapid breathing
- Body temperature 103°F or higher
- Headache
- Dizziness
- Confusion or other signs of altered mental status
- Convulsions or loss of consciousness

Heat stroke treatment

- **CALL ON-SITE FIRST RESPONDER AND 9-1-1 IMMEDIATELY;** heat stroke is a medical emergency
- Move victim to a cool place
- Immediately immerse the victim in a cold bath up to the neck; if not possible, place victim in a cold shower, or cover the body with cold, wet towels
- Do not give water or other drinks, salt tablets or pain relievers
- Do not apply rubbing alcohol to the skin
- Be ready to give CPR

Watch for these symptoms in yourself and your co-workers. Let's keep each other safe in hot weather.

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