

# *Heat Stress*

**The heat is on.....**

**So be careful! Since the beginning of August, 147 people have died in 3 States.**



# FACTS

**Although heat-related illness and death are readily preventable, exposure to extremely high temperatures during 2018-2020, a total of 3,066 deaths resulting from exposure to heat-related conditions were identified.**



# More

- ❑ **Don't use the feeling of thirst as an indicator that you need water.**
- ❑ **You can deplete as much as 30% of your body's water before you feel thirsty. Drink plenty of water before, during and after time spent in the heat.**
- ❑ **Individuals vary in their tolerance to heat stress conditions**



# Heat Exhaustion

- ❑ **Occurs when the heart and vascular system do not respond properly to high temperatures, and the mechanisms our body uses to cool itself fails**
- ❑ **Symptoms include cool, clammy, pale skin;**
- ❑ **Sweating, dry mouth, fatigue, weakness**
- ❑ **Dizziness nausea, muscle cramps**



# What to do?

**If you suspect that someone is suffering from heat exhaustion:**

- **get them to a cool spot**
- **lay the person down**
- **elevate the feet**
- **loosen clothing**
- **give cool (not iced) water**





# Contributing Factors

- ❑ **Obesity**
- ❑ **Alcohol consumption**
- ❑ **Caffeine**
- ❑ **Certain medications**
- ❑ **Previous heatstroke**
- ❑ **Age**
- ❑ **Several days of sustained exposure to hot temperatures**





# Heat Cramps

- ❑ **Painful muscle cramps/spasms in person sweating profusely**
- ❑ **It occurs when large volumes of water are consumed without adequate salt replacement.**
- ❑ **Usually resolves after an electrolyte beverage.**





# Heat stroke

- ❑ **This is the most severe form of heat-related illness.**
- ❑ **Heat Stroke IS A MEDICAL EMERGENCY!**
- ❑ **It is often fatal**
- ❑ **It is preventable**





# Symptoms of Heat Stroke

- ❑ **Altered mental state**
- ❑ **Confusion**
- ❑ **delirious**
- ❑ **Lack of sweating**
- ❑ **Body temperature > 105 degrees**
- ❑ **Cyanosis (blue) or red hot skin**



# Treatment

- ❑ **CALL 911 IMMEDIATELY!**
- ❑ **Cool body - pour cool water over person**
- ❑ **Place ice pack behind neck - under arms**





# Prevention

- ❑ **Spending time in air-conditioned environments**
- ❑ **Increase nonalcoholic/**
- ❑ **Non-caffeinated fluid intake**
- ❑ **Monitor urine output**



# Are You Drinking Enough Water?

## Urine Color Chart

1.

If your urine matches this color you are drinking enough water.

2.

Drink more water to get the ideal color shade between 1 & 2.

3.

**Dehydrated**

4.

You may suffer from cramps & heart-related issues

5.

**Alert Health Risk!**  
**DRINK MORE WATER**

6.

**Alert Serious Health Risk!**  
**DRINK MORE WATER**

7.

**Alert Extreme Health Risk!**  
**DRINK MORE WATER**

8.

**Alert Severe Health Risk!**  
**DRINK MORE WATER**



# More

- **Persons working either indoors or outdoors in high temperatures should take special precautions including allowing 10 -14 days to acclimate to high temperatures**
- **Salt tablets are not recommended and may be hazardous to many people**



# DO NOT



- ❑ **Underestimate the seriousness of heat illness**
- ❑ **Give the victim medications to reduce fever**
- ❑ **Give the victim liquids that contain alcohol or caffeine**
- ❑ **Give anything by mouth if HEAT STROKE is suspected**