Preventing Heat Stress
Heat related illness can happen to anyone which is why it is important to learn the signs and symptoms and utilize prevention as a defense.

There are three variations of heat stress: heat cramps, heat exhaustion (also called heat prostration or collapse,) and the real killer, heatstroke. Collectively, these conditions are known as heat stress.

Tips for Preventing Heat-Related Stress:
• Pre-hydrate and continue to drink plenty of fluids – do not wait until you are thirsty to drink
• Stay cool – wear appropriate clothing. Lightweight, light-colored, loose-fitting
• Limit outdoor activities or plan to be outside when it is coolest such as morning and evening hours
• Cut down on exercise during the heat
• Wear sunscreen
• Avoid hot and heavy meals
• Limit caffeine intake – caffeine has a diuretic effect which can lead to dehydration
• Take adequate meal and rest breaks
• Never leave animals or children in parked cars even if the windows are cracked open

Know the Signs:

HEAT EXHAUSTION or HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS
1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT
1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

HEAT STROKE SYMPTOMS
1. Throbbing headache
2. No sweating
3. Body temp above 103° Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT
1. Get emergency help
2. Keep cool until treated