

Preventing Heat Stress

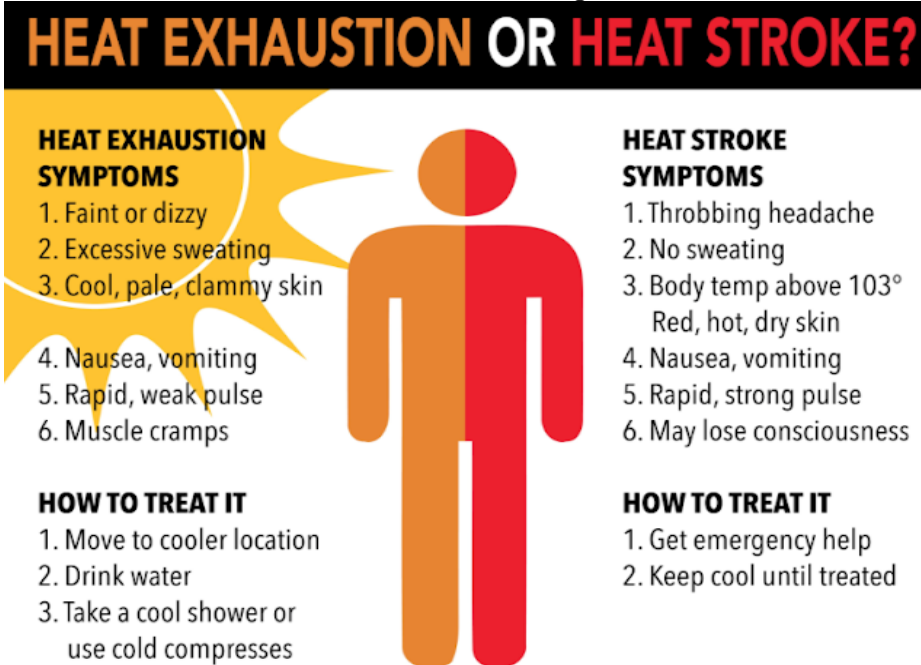
Heat related illness can happen to anyone which is why it is important to learn the signs and symptoms and utilize prevention as a defense.

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	HEAT STROKE SYMPTOMS
<ol style="list-style-type: none">1. Faint or dizzy2. Excessive sweating3. Cool, pale, clammy skin4. Nausea, vomiting5. Rapid, weak pulse6. Muscle cramps	<ol style="list-style-type: none">1. Throbbing headache2. No sweating3. Body temp above 103° Red, hot, dry skin4. Nausea, vomiting5. Rapid, strong pulse6. May lose consciousness
HOW TO TREAT IT	HOW TO TREAT IT
<ol style="list-style-type: none">1. Move to cooler location2. Drink water3. Take a cool shower or use cold compresses	<ol style="list-style-type: none">1. Get emergency help2. Keep cool until treated