

Its Hot Out There

A reminder to use caution while working in this heat.

- **Stay hydrated.** Drink at least 4 cups of water per hour and consider a sports drink like Gatorade to keep electrolytes up.
- **Take a break** rotate work and use work/rest cycles
- Plan heavier/hotter work for the cooler part of the day
- **Use fans** and wet your shirt to help keep you cool
- Rest in air conditioned areas if you are able.
- **Keep an eye on your co-workers.** The body temperature can rise to 106 F within 10-15 minutes, causing heat stroke and possibly death.




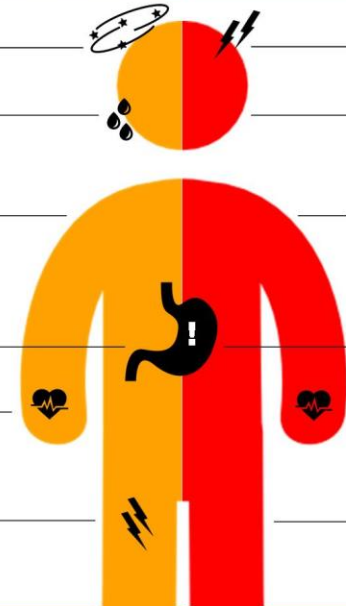









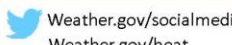

Health conditions and medications can affect your ability to cool down, so if you are on a hypertension medication or other medications, you may be at greater risk for heat related illness during this heat wave. With high humidity, it is difficult for sweat to evaporate from the skin. Evaporation is a key element in helping the body cool. Heat rash and sunburn also reduce evaporation from the skin.

Signs of heat illness:

Dizzy, Confusion, slurred speech, headache
Hot, dry skin or profuse sweating
Seizures, nausea, headache

Respond to Heat Illness:

Move worker to shady, cool area, use cold water, ice bath, or wet the head, neck, armpits and groin with cool water, wet skin or clothing with cool water and circulate air to speed cooling.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy 		Throbbing headache 
Excessive sweating 		No sweating
 Cool, pale, clammy skin		 Body temperature above 103° Red, hot, dry skin
Nausea or vomiting 		Nausea or vomiting
Rapid, weak pulse 		Rapid, strong pulse 
Muscle cramps 		May lose consciousness 
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<h2>CALL 9-1-1</h2> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives
		

If you suspect heat exhaustion, cool off immediately and report it to your supervisor.

If you suspect heat stroke, call 911 immediately.

Report all injuries, including heat related illness to NAC management.

