



Safety Tip Sheet No. 5

Prepare For High Temperatures

It is that time of year again. So protect yourself and keep an eye out for others. With the temperatures rising to levels usually seen in mid to late summer we all need to be aware of Heat Related Illnesses. The following bullet points should be used to prepare you for high temperatures.



Factors Which Increase The Chance For Heat Related Illness:

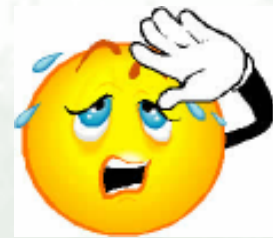
- Poor Physical Condition, Overweight, Previously Sick
- Little to No Air Movement
- Physical Exertion
- Team Member Not Acclimated (Accustomed) To Temperatures

Symptoms of Heat Exhaustion

- Headaches, Dizziness, Lightheadedness, Weakness and Sometimes Nausea
- Moist, Sweating and Clammy Skin
- Mood Changes

Symptoms of Heat Stroke

- Hot Dry Skin, NO SWEATING
- High Body Temperature
- Strong Rapid Pulse
- Mental Confusion, Loss of Consciousness
- Seizures or Convulsions



PREVENTION OF HEAT STRESS

- Drink Plenty Of Fluids; 1 Cup Every 15 Minutes
- Avoid Caffeinated Drinks and Eat Well – Balanced Meals
- Know The Signs & Symptoms of Heat Stress
- Monitor Yourself and Co Workers

What to Do

- Move Team Member To Cool Area
- Loosen Clothing, Apply Cool Compresses On Skin
- Provide Cool Drink: Water or Electrolyte Beverage (Drink Slowly)
- Team Member Refuses Water, Vomiting or Starts To Lose Consciousness Call For EMT's