



## Summer Safety Tips

According to many health experts, when high humidity is added to hot weather, it's a dangerous combination. This combination interferes with the body's ability to perspire. Since perspiration is the way that both humans and animals cool off, loss of this ability can be extremely dangerous. Long exposure to hot, humid weather can result in heat cramps or heat exhaustion. If heat stress continues, heat stroke, which can be fatal, can be the result.

Symptoms of heat stress and heat exhaustion include headaches, dizziness, fainting, nausea or vomiting, profuse sweating, tiredness and muscle cramps.

Symptoms of heat stroke include dry, hot skin with no sweating; mental confusion or loss of consciousness, seizures or convulsions.

### PREVENTION:

Prevention of heat stress include blocking out direct sun or other heat sources; using cooling fans or air conditioning; and resting regularly. It is very important to drink lots of fluids that are not supplemented with sugar, caffeine, or alcoholic. Typically, a safe rule of thumb is one cup every 15 minutes. Also, it is recommended to wear light weight, light-colored, loose fitting clothing whenever possible.

According to the National Institute of Occupational Safety and Health (NIOSH), heat can also cause injury due to accidents related to sweaty palms, fogged up glasses and dizziness. Sunburn can also be a severe hazard of sun and heat exposure.

Suggestions to help employees and employers avoid heat related accidents and illness include; using vented hard hats and neckbands that are soaked in cold water to have prevent the body from overheating. Be sure to wear protective eyewear that offers sufficient ventilation or anti fog lenses to avoid fogging from the heat. Sweatbands are also helpful to prevent perspiration from dripping into the eyes.

Employees should be encouraged to take breaks in cool, shady areas and drink 5 to 7 ounces of fluids every 15 minutes.

### FIRST AID FOR HEAT INDUCED ILLNESSES

Extreme heat brings with it the possibility of heat-induced illnesses. The following table lists these illnesses, their symptoms and the first aid treatment.

Condition	Symptoms	First Aid
Sunburn	Skin redness and pain, possible swelling, blisters, fever, headaches	Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally.  Apply dry, sterile dressings to any blisters, and get medical attention.
Heat Cramps	Painful spasms, usually in leg and abdominal muscles; heavy sweating	Get the victim to a cooler location.  Lightly stretch and gently massage affected muscles to relieve spasms.  Give sips of up to a half glass of cool water every 15 minutes. (Do not give liquids with caffeine or alcohol.)  Discontinue liquids, if victim is nauseated.
Heat Exhaustion	Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.	Get victim to lie down in a cool place.  Loosen or remove clothing.  Apply cool, wet clothes.  Fan or move victim to air-conditioned place.  Give sips of water if victim is conscious.  Be sure water is consumed slowly.  Give half glass of cool water every 15 minutes.  Discontinue water if victim is nauseated.  Seek immediate medical attention if vomiting occurs.
Heat Stroke ( a severe medical emergency)	High body temperature (105+); hot, red, dry skin; rapid, weak pulse; and rapid shallow breathing. Victim will probably not sweat unless victim was sweating from recent strenuous activity. Possible unconsciousness.	Call 9-1-1 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal.  Move victim to a cooler environment.  Removing clothing  Try a cool bath, sponging, or wet sheet to reduce body temperature.  Watch for breathing problems.  Use extreme caution.  Use fans and air conditioners.