

Heat stress

- Temperatures are starting to rise. Are you prepared to handle the summer heat?
- As the temperatures start to rise so do the incidents associated with heat-related illnesses and disorders.

Heat Stress

When hot weather conditions are combined with other factors, such as physical work, loss of fluids and fatigue, disorders associated with heat stress can become problematic.

Heat Stress

If proper precaution are not taken, Heat Stress can lead to disorders such as:

Heat rash

Cramps

Fainting

Heat Exhaustion

Heat Stroke

Even Death

Heat Stress

Heat Exhaustion: Is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possible because of high humidity or too many layers of clothing. As a result, the body is not cooled properly.

Heat Stress

Signals include cool, moist, pale or flushed skin

Heavy sweating

Headache

Nausea or vomiting

Dizziness

Exhaustion

Note: Body temperature will be near normal

Heat Stress

Heat Stroke: Also known as sunstroke, is life threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Heat Stress

Signals include hot, red and dry skin

Changes in consciousness

Rapid, weak pulse and

Rapid, shallow breathing

Note: body temperature can be very high –
sometimes as high as 105 F.

Heat Stress

General Care For Heat Emergencies.....

1. Cool the body – get to a cooler place and remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets.
2. Fluids – drink a half glass of water every 15 minutes but don't drink too quickly. Avoid alcohol or caffeine for this can make conditions worse.

Heat Stress

Because Heat Stroke is a life-threatening situation, help is needed fast... call for emergency service 911 (in the U.S.)
Move the person to a cooler place. It is important to cool the person quickly. If you have ice packs or cold packs, apply to the wrist and ankles, in the armpits and on the neck to help cool the large blood vessels. Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

Heat Stress

Anyone can suffer a heat illness, but by taking a few simple precautions, they can be prevented:

Dress for the heat. Wear lightweight, light-colored clothing.

Drink lots of liquids. Don't wait until you are thirsty, by then, there's a good chance you're already on your way to being dehydrated. Avoid alcohol and caffeinated beverages like coffee and soda.

Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.

Heat Stress

Take a break - If you notice you're getting a headache or you start feeling overheated. Cool off for a few minutes before going back to work.

Avoid strenuous activity – If you must do strenuous activity, do it during the coolest part of the day, which is usually early morning.

Take advantage of fans and air conditioners.

Get enough sleep at night.