### **HEAT EXHAUSTION**

# What happens to the body:

Headaches, dizziness, or light-headedness, weakness, mood changes, irritability or confusion, feeling sick to your stomach, vomiting, fainting, decreased and dark-colored urine, and pale, clammy skin.

#### What should be done:

- Move the person to a cool, shaded area. Don't leave the person alone. If the person is dizzy or light-headed, lay him on his back and raise his legs about 6-8 inches. If the person is sick to his stomach, lay him on his side.
- Loosen and remove heavy clothing.
- Have the person drink some cool water (a small cup every 15 minutes) if he is not feeling sick to his stomach.
- Try to cool the person by fanning him. Cool the skin with a cool spray mist of water or wet cloth.
- If the person does not feel better in a few minutes call for emergency help (ambulance or 911.)

(If heat exhaustion is not treated, the illness may advance to heat stroke.)

# **HEAT STROKE - A Medical Emergency**

## What happens to the body:

Dry, pale skin (no sweating); hot, red skin (looks like a sunburn); mood changes; irritability, confusion, and not making any sense; seizures or fits, and collapse (will not respond).

#### What should be done:

- Call for emergency help (ambulance or 911.)
- Move the person to a cool, shaded area. Don't leave the
  person alone. Lay him on his back and if the person is having
  seizures, remove objects close to him so he won't hit them.
  If the person is sick to his stomach, lay him on his side.
- Remove heavy and outer clothing.
- Have the person drink some cool water (a small cup every 15 minutes) if he is alert enough to drink anything and not feeling sick to his stomach.
- Try to cool the person by fanning him or her. Cool the skin with a cool spray mist of water, wet cloth, or wet sheet.
- If ice is available, place ice packs in armpits and groin area.

### **HEAT STRESS TABLE**

Be aware of the signs of heat exhaustion and heat stroke when you're working in hot, humid conditions. The table below shows the risks of exposure to high temperature and high humidity:

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	Relative Humidity (%)															
	°F	40	45	50	55	60	65	70	75	80	85	90	95	100		
	110	136						Heat Indov								
	108	130	137					Heat Index								
	106	124	130	137				(Apparent Temperature)								
<u>e</u>	104	119	124	131	137			(								
Air Temperature	102	114	119	124	130	137										
	100	109	114	118	124	129	136									
	98	105	109	113	117	123	128	134								
	96	101	104	108	112	116	121	126	132							
	94	97	100	103	106	110	114	119	124	129	135					
	92	94	96	99	101	105	108	112	116	121	126	131				
	90	91	93	95	97	100	103	106	109	113	117	122	127	132		
	88	88	89	91	93	95	98	100	103	106	110	113	117	121		
	86	85	87	88	89	91	93	95	97	100	102	105	108	112		
	84	83	84	85	86	88	89	90	92	94	96	98	100	103		
	82	81	82	83	84	84	85	86	88	89	90	91	93	95		
	80	80	80	81	81	82	82	83	84	84	85	86	86	87		

Extreme Danger: Heat stoke highly likely

Danger: Muscle cramps, and/or heat exhaustion likely

Extreme caution: Muscle cramps and/or heat exhaustion possible

**Caution:** Fatigue possible

