

### Heat Illness Prevention

According to the National Weather Service, there are nearly 2,000 heat related fatalities and about 25,000 heat-related illnesses a year. By taking several simple precautions, you can control and/or reduce exposure to conditions that may cause heat related illnesses.

#### Heat Stress Disorders and Symptoms

- **Heat Stroke** - sweating stops and the body fails to regulate its temperature. Victims may die if they don't receive immediate medical treatment. Symptoms: mental confusion, fainting, or seizures; hot dry skin usually reddish in color; and high body temperature.
  - **Treatment** -call 911 immediately, soak victim's clothing with cool water, move victim to shaded and cool area, fan victim to increase cooling of their body.
- **Heat Exhaustion** - profuse sweating results in dehydration. Characterized by: fatigue, dizziness, and nausea; pale and moist skin; and possibly slightly elevated temperature.
  - **Treatment** -have victim rest in shaded and cool place and drink fluids. Do not serve caffeinated fluids such as soft drinks, iced tea, or coffee
- **Heat Cramps** - cramping thought to be due to loss of salt through sweating. Symptoms include muscle spasms in arms, legs, and abdomen during or following work activities.
  - **Treatment** -have victim rest and drink non-caffeinated fluids.
- **Heat Syncope (fainting)** - dehydration while standing still causes blood pooling in lower portions of the body and can result in fainting while standing still.
  - **Treatment** -have victim rest in a shaded and cool place, and drink non-caffeinated fluids.
- **Heat Rash** - occurs under hot and humid conditions where sweat does not evaporate readily. This results in irritated/itchy skin with prickly feeling and small red bumps on skin.
  - **Treatment** - wash and dry skin. Wear loose clothing and keep skin dry.

*If a treated victim does not recover from heat illness in a reasonable amount of time, promptly seek medical attention.*

#### Preventing Heat Illness

1. Acclimate to the current weather conditions.
2. Always drink plenty of fluids such as water and sports drinks. Plan to have at least one quart of water available per person per hour of work (two gallons for an eight-hour shift). Avoid caffeinated drinks.
3. Wear summer hats with a brim and loose-fitting, light-colored, and lightweight clothing like cotton.
4. Schedule vigorous work activities during coolest portions of the work day and take frequent breaks on hot days.
5. If you are feeling symptoms of heat illness, take a rest period in a shaded area.

For more information on heat illness prevention, go to the following site:

<http://www.dir.ca.gov/dosh/HeatIllnessInfo.html>



#### Contact Information

800 N. State College Blvd. T1475  
Fullerton, CA 92834  
Ph: 657-278-7233  
<http://ehis.fullerton.edu/safety@fullerton.edu>