



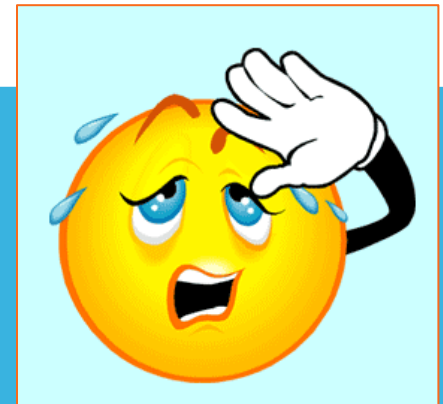
SAFETY MOMENT

3-30-15

Heat Illness

HEAT ILLNESS

- Your body normally cools itself by sweating.
- During hot weather, especially with high humidity, sweating just isn't enough. Your body temperature can rise to dangerous levels and you can develop a heat illness.
- Most heat illnesses occur from staying out in the heat too long.
- Exercising too much for your age and physical condition are also factors. Older adults, young children and those who are sick or overweight are most at risk.
- Drinking fluids to prevent dehydration, replenishing salt and minerals, and limiting time in the heat can help.



HEAT-RELATED ILLNESSES INCLUDE:

- **Heatstroke** - a life-threatening illness in which body temperature may rise above 106° F in minutes; symptoms include dry skin, rapid, strong pulse and dizziness
- **Heat exhaustion** - an illness that can precede heatstroke; symptoms include heavy sweating, rapid breathing and a fast, weak pulse
- **Heat cramps** - muscle pains or spasms that happen during heavy exercise
- **Heat rash** - skin irritation from excessive sweating



WHAT STEPS CAN BE TAKEN TO COOL THE BODY DURING HEAT EXHAUSTION?

- Drink cool, nonalcoholic beverages.
- Rest.
- Take a cool shower, bath, or sponge bath.
- Seek an air-conditioned environment.
- Wear lightweight clothing



**KEEP COOL THIS
SUMMER!**

