



Life-saving tips to help...

BEAT THE HEAT!

SUNBURN

Heat stress can be more than a minor inconvenience for those who work in extremely warm conditions. Knowing how to prevent, identify and treat its symptoms can literally save lives.

Symptoms

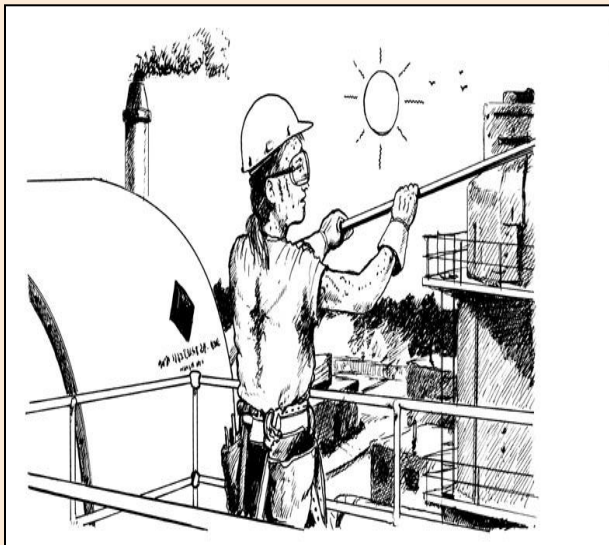
- Red, painful skin (first degree burns)
- Blistering and/or peeling (second degree burns)

Treatment

- Skin lotions
- Topical anesthetics

Prevention

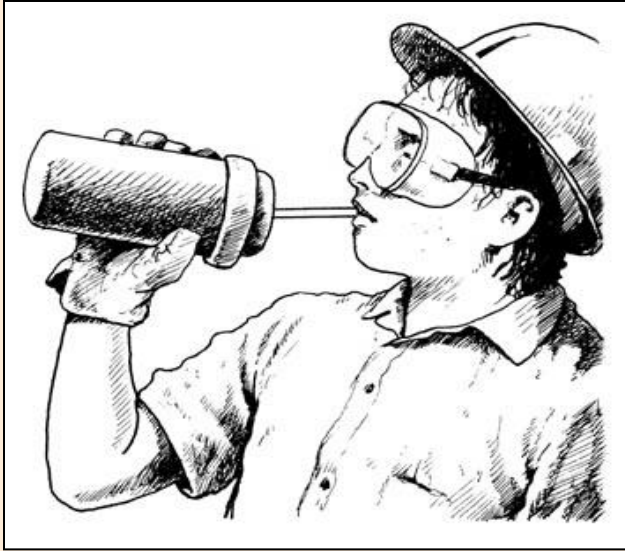
- Limit sun exposure on bare skin



Dealing with Heat Stress



HEAT RASH & CRAMPS



Symptoms

- Red rash and itching
- Hot, moist skin
- Normal to slightly high body temperature

Treatment

- Ointment

Prevention

- Keep skin dry and clean
- Loosen clothing
- Drink lightly salted liquids (.1% saline)
- Seek medical aid if cramps persist

Dealing with Heat Stress



HEAT EXHAUSTION



Symptoms

- Heavy sweating
- Intense thirst from dehydration
- Fatigue, weakness or loss of coordination
- Tingling in hands and feet or headache

First Aid Treatment

- Loosen or remove clothing and boots
- Cool the victim as fast as possible
- Call 911 if victim becomes faint or is unconscious



Dealing with Heat Stress



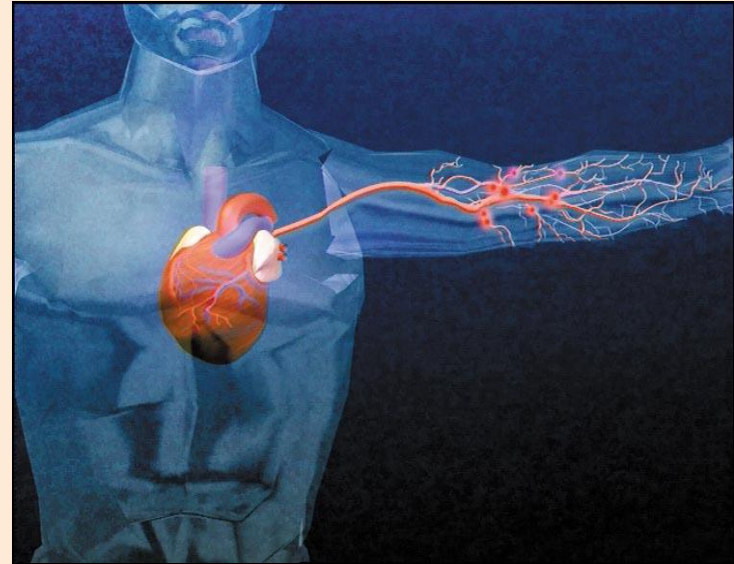
HEAT STROKE

Early Symptoms

- High body temperature
- Hot, red or flushed, dry skin
- Headache or dizziness
- Confusion or delirium

Advanced Symptoms

- Seizure or convulsions
- Loss of consciousness
- No detectable pulse



Call 911 at the first sign of the above symptoms!

Dealing with Heat Stress



HEAT STROKE

Treatment

- Lower the victim's body temperature as fast as possible
- Don't give liquids to unconscious victims



Other tips for controlling heat stress

- Allow your body to become acclimatized to your surroundings
- Follow scheduled work/rest cycles to avoid overexertion
- Drink 5-7 ounces of cool water every 15 minutes
- Consume a light, cool lunch instead of hot, heavy meals

Dealing with Heat Stress

