



“KEEP EACH OTHER SAFE”

NATIONAL SAFETY MONTH BULLETIN

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Tips to Avoid Heat Related Illness

General Safety Tips:

- Seek shade whenever possible. Use lunchtime or even short breaks to get inside or into the shade.
- Cover your body. Wear loose-fitting clothing, hats and UV blocking sunglasses.
- Apply 1 oz. (two tablespoons) of SPF15 or higher sunscreen before you start your day outside. Reapply every two hours.
- Drink plenty of water. It is recommended men drink approximately 3 liters (about 100 oz) and women drink about 2.2 liters (about 75 oz) per day. If you work outdoors in extreme heat, consider taking in even more.
- If you take medication, be aware of heat-related problems. Some can affect your body's ability to stay hydrated and dissipate heat.



Heatstroke

Heatstroke is the most serious and life-threatening heat-related illness. Your body can build up too much heat, your temperature may rise to life-threatening levels.

Symptoms of Heatstroke

- The victim's body feels extremely hot when touched.
- Altered mental status (behaviour) ranging from slight confusion and disorientation to coma.
- Conscious victims usually become irrational, agitated, or even aggressive and may have seizures.
- In severe heatstroke, the victim can go into a coma in less than one hour. The longer the coma lasts, the lower the chance for survival.

What To Do

- Move person to a half-sitting position in the shade
- Call for emergency medical help immediately
- If humidity is below 75%, spray victim with water and vigorously fan. If humidity is above 75%, apply ice packs on neck, armpits or groin

Heat Exhaustion

Heat exhaustion is characterized by heavy perspiration with normal or slightly above normal body temperatures. It is caused by water or salt depletion or both (severe dehydration).

Symptoms of Heat Exhaustion

- Severe thirst, fatigue, nausea, vomiting and sometimes diarrhea
- The affected person often mistakenly believes he or she has the flu.
- Uncontrolled heat exhaustion can evolve into heatstroke.

Other Symptoms

- Profuse sweating
- Clammy or pale skin
- Dizziness
- Rapid pulse
- Normal or slightly above normal body temp

What To Do

- Sit or lie down in the shade
- Drink cool water or a sports drink
- Gently apply wet towels and call for emergency medical help

Get emergency medical help immediately if Heatstroke or Heat Exhaustion is suspected.