

HEAT ILLNESS KNOW THE SIGNS

Heat-related illnesses are a serious hazard.



Mild Heat-Illness

The following are symptoms of **mild heat-illness**:

- Fatigue
- Headache
- Heavy sweating
- Muscle cramps
- Pale skin
- Increased heart rate
- Increased breathing rate

A person with any symptoms of mild heat-illness should rest in the shade to cool-off and:

- Remove PPE and any excessive clothing
- Sit or lie down
- Drink water
- Use wet rags, cold packs or ice to cool the body

A person who stops sweating is in extreme danger; their body is no longer cooling itself.

Alert
emergency
responders
immediately!
CALL 9-1-1

A situation becomes an **emergency** if a person displays any symptoms of **Exertional Heat Stroke (EHS)**:

- Semi-consciousness
- Vomiting
- Staggering
- Disorientation
- Irrational behavior
- Convulsions

Exertional Heat Stroke (EHS)
is a life-threatening condition!

A person showing any symptoms of EHS must be cooled as quickly as possible.

- **Whole-body cold-water immersion** is the fastest way to cool the body.
- The second option is to continually **douse the body with water** (e.g., a cold shower, running a hose over the entire body, etc.).
- Continually talk to the person to monitor their consciousness and condition.

HEAT ILLNESS PREVENTION



Tips to Beat the Heat:

Heat-related illnesses are a serious hazard. **Exertional Heat Stroke (EHS)** is a life-threatening condition.

When performing physical labor in high-heat conditions, preventative measures are needed to avoid overheating:

- Acclimate yourself to the heat.
- Hydrate before, during and after work. Drink fluids even if you do not feel thirsty.
- Monitor the weather. Pay attention to both air temperature and heat index levels.
- Schedule less demanding tasks for the hotter times of the day and strenuous activities for cooler parts of the day (early morning or evening).
- Rotate duties between co-workers. Switch between physically demanding tasks and less demanding tasks.
- Wear light-colored, loose-fitting breathable clothing, such as garments made of cotton.
- Wear sunscreen.
- Take rest breaks in the shade.
- Work in pairs. Have a co-worker monitor you for signs of heat related illness and do the same for them.

Should you or a co-worker experience heat illness, **immediately stop working and take actions to cool the entire body!**

Check the Chart!

Heat index is one factor to consider when determining whether to modify, adapt or cancel outdoor activities.

HEAT INDEX	RISK LEVEL
Less than 91°F / 33°C	Lower (Caution)
91°F to 103°F / 33°C to 39°C	Moderate
103°F to 115°F / 39°C to 46°C	High
Greater than 115°F / 46°C	Very High to Extreme

National Weather Service Heat Index chart

HEAT ILLNESS PREVENTION



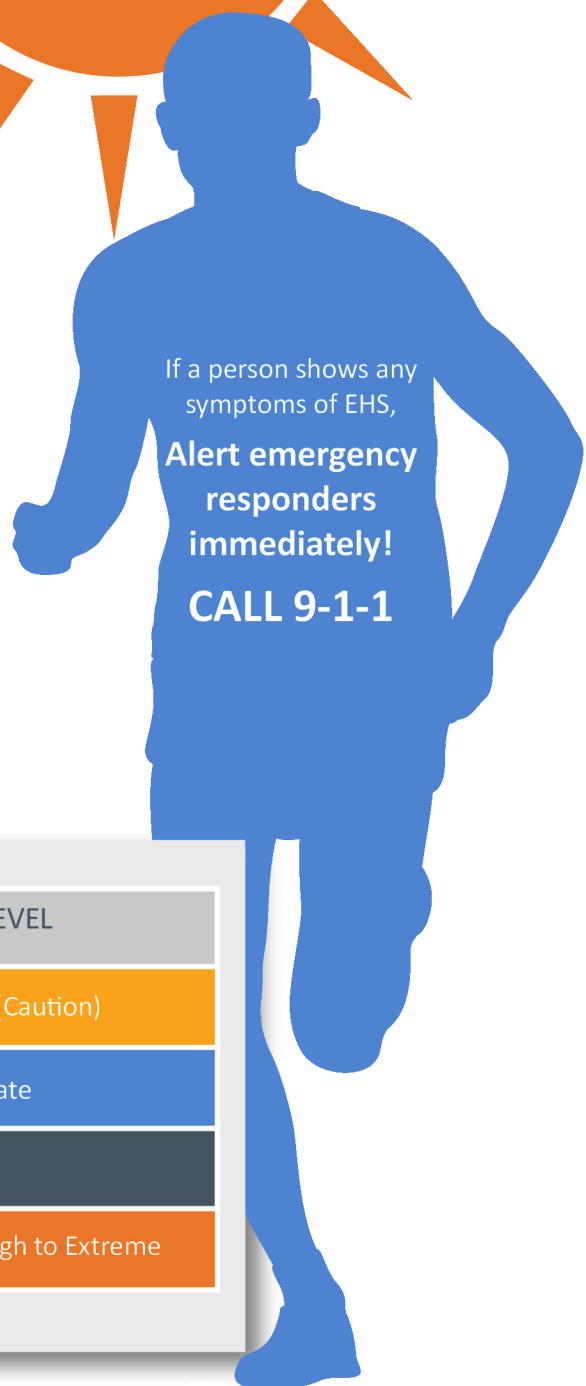
Tips to Beat the Heat:

Strenuous activities in the heat place students at-risk for **heat-related illnesses**, including heat stroke. **Exertional Heat Stroke (EHS)** is the leading cause of preventable death in high school athletics.

To lower the risk for EHS, avoid making students do too much, too soon, in too much gear.

- Provide an acclimatization period to adapt to the heat.
- Monitor the weather. Pay attention to both air temperature and heat index levels.
- Modify, shorten or cancel activities based on heat levels.
- Have students hydrate before, during and after activities.
- Have designated cool areas, wet towels and fans.
- Adjust uniform and equipment requirements.
- Have an athletic trainer on site.

Should a student experience heat illness, take actions to cool them as fast as possible!



Check the Chart!

Heat index is one factor to consider when determining whether to modify, adapt or cancel outdoor activities.

HEAT INDEX	RISK LEVEL
Less than 91°F / 33°C	Lower (Caution)
91°F to 103°F / 33°C to 39°C	Moderate
103°F to 115°F / 39°C to 46°C	High
Greater than 115°F / 46°C	Very High to Extreme

National Weather Service Heat Index chart