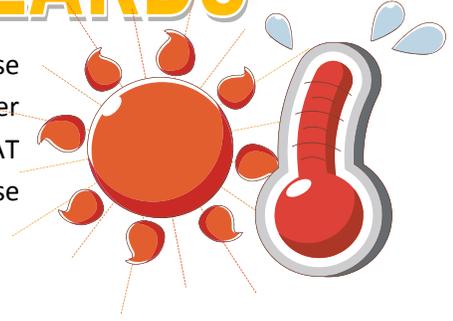


# HOT TOPICS: "HEAT HAZARDS"

Summer temperatures are back! Hot weather can be life-threatening. Use common sense and caution to prevent a tragedy. Many activities that were appropriate in cooler weather can have deadly consequences during the hot weather months. HEAT STROKE, HEAT EXHAUSTION, and MUSCLE CRAMPS can be serious and possibly life-threatening. These conditions can occur when someone gets more hot weather than their body can handle.



## Avoid a Tragedy:

- **Never leave people or animals in a vehicle — not even for a second!** Temperatures inside a car can reach 130°F - 150°F within the first 5 -15 minutes — even if the outside temperature is only in the 80's!
- **Do a "head-count" when going to and returning from an activity.** Make sure everyone is on-board before leaving any location.
- **Do not allow individuals to stay at outside areas for more than 15-20 minutes at a time.** Use a timing device if necessary.
- **Drink plenty of fluids to keep hydrated.** Water is best! Avoid sweet drinks, caffeine, and alcohol. These further dehydrate the body.
- **Keep an ample supply of water available in vehicles.** Carry bottled water in all vehicles for yourself, your passengers, and for anyone who might be suffering from the heat.
- **Monitor individuals with fluid restrictions.** Call their doctor to adjust the amount needed during hot weather.
- **Wear appropriate clothing:** loose fitting, light colors, light fabrics, long sleeves, and a hat.
- **Avoid the midday sun.** Schedule outdoor activities before 10am. Be aware that 1:00pm in the summer is not the right time to walk to the convenience store.
- **Monitor individuals taking blood pressure, behavioral, anti-depression, and allergy medicines.** These medications decrease sweating and may compromise the body's cooling system.

## Heat Stroke & Heat Exhaustion are Medical Emergencies:

### SYMPTOMS

- **MUSCLE PAIN or SPASMS** (early symptom)
- **FLUSHED, HOT, CLAMMY SKIN**
- **EXCESSIVE OR NO SWEATING**
- **WEAKNESS**
- **HEADACHE**
- **DIZZINESS**
- **NAUSEA**
- **VOMITING**
- **CONFUSION**
- **FAST, SHALLOW BREATHING**
- **FAST HEARTBEAT**

### TREATMENT

- **Response time will be critical! Call 9-1-1 Emergency Services.**
- **Move to a cooler place.**
- **Cool down the person with cool water (shower or bath).**
- **If the person is conscious, offer cool fluids — not ice-cold fluids, which may cause stomach cramps.**
- **Do not wrap the person in wet towels — this may heat them up.**
- **CPR (Cardio-pulmonary Resuscitation) may be needed if the person stops breathing or pulse cannot be detected.**

"Heat Hazards" is for general information only and is not a substitution for medical treatment from a physician.  
**IN ANY HEAT-RELATED ILLNESS EMERGENCY, CALL 9-1-1 IMMEDIATELY!**

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