

# Environmental Health and Safety

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## Heat Awareness

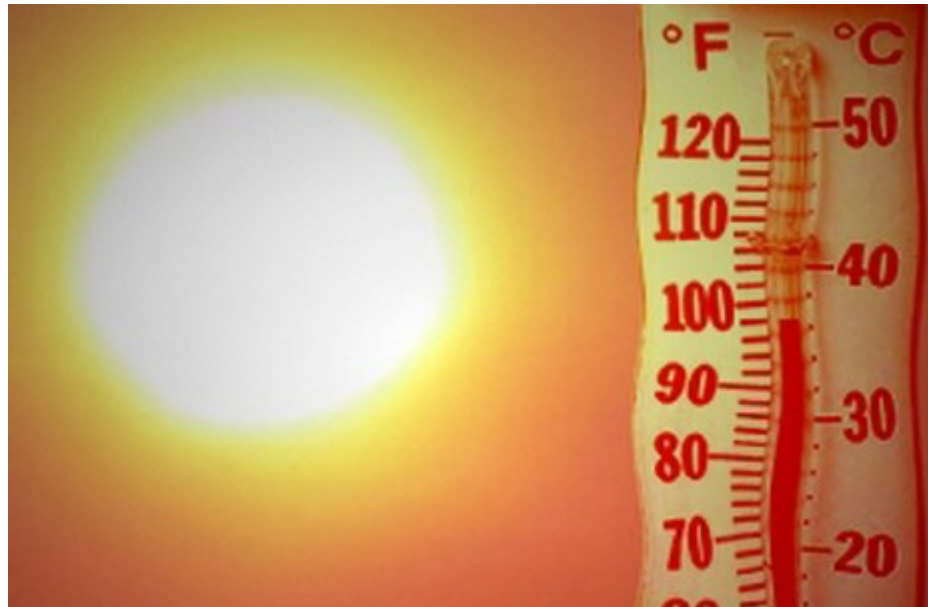
Heat stroke occurs when body temperature rises to 104°F or higher.

On a 100°F day, you should drink one and a half times your weight in ounces of water to stay hydrated.

Each year in the U.S. an average of 240 people die of heat stroke.

People over the age of 65 are prone to heat illnesses, because they are more likely to have a medical condition or take medication that alters the body's response to heat.

Children under the age of 4 are also susceptible to heat stroke because their bodies have not yet fully developed the ability to regulate temperature.



The Summer months are when temperature rises to the highest point of the year. While this is a time for relaxation like swimming, camping and vacation, spending time outdoors is potentially dangerous when the temperature is high enough.

Heat exhaustion and heat stroke are two ways the body can be affected by temperature. The outcome of these illnesses can be deadly. This is why it is critical to be aware of the leading factors of heat illnesses, as well as what to do in the event of heat stroke or heat exhaustion.

In addition, there are situations that must be avoided in order to protect the lives of children and pets from heat stroke. Remember that vehicles can have up to 40°F increase compared to the outside temperature. This is why, under no circumstance should children and pets be left in cars on a hot day.

## Heat Stroke

### Signs and Symptoms:

- Red, hot and dry skin
- high body temperature
- excessive sweating
- confusion
- fainting
- seizures

When heat stroke occurs, call 911 immediately. Keep the afflicted person cool by removing outer clothing, placing ice packs in their armpits, and providing them with water.

Wait with the impaired person until paramedics arrive.

## Heat Exhaustion

### Signs and Symptoms:

- Heavy sweating
- cool and moist skin
- headache
- nausea/vomiting
- dizziness
- fast heart beat

When heat exhaustion occurs, have the impaired person sit or lie down in a cool area with plenty of drinking water. Have them loosen their clothing while cooling down with ice packs. Escort the afflicted person to the emergency room for evaluation.



### Resources

[OSHA Heat Index](#)

[American Red Cross Heat Safety Tips](#)

[Management of Heatstroke and Heat Exhaustion](#)

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**Don't learn safety by accident**