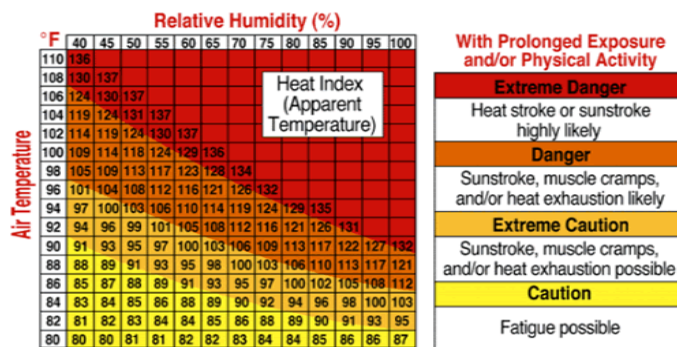


# Heat Related Illnesses

With temperatures rising, so does the risk of heat related illnesses in individuals who work or exercise in hot and humid temperatures. Your body's mechanism of cooling itself off is by sweating. The body is unable to cool itself off as efficiently in hot and humid temperatures. When you sweat, you are losing mainly sodium and water. It is important to replace your electrolytes and fluids to keep the body balanced and to avoid dehydration or a heat related illness.

## Types of Heat Related Illnesses:

- Heat Rash
- Heat Cramps
- Heat Exhaustion
- Heat Stroke



## Stages and Treatment of Heat Related Illnesses

- **Heat Rash** (Also known as prickly heat)
  - Red, raised rash
  - Sensations of prickling, numbness and tingling during sweating.
  - Skin is exposed to humid heat and stays wet
  - **Clean and dry skin and provided dry clothes**
- **Heat Exhaustion**
  - Profuse sweating, pale skin, mildly elevated temperature of 102 degrees, nausea, rapid pulse and fainting
  - Typically due to person in poor physical condition attempting to exercise in hot temperatures and not replacing fluids adequately.
  - **Replace fluids immediately and place in cool environment.**
- **Heat Cramps**
  - Painful muscles spasms most commonly in the calf and abdomen.
  - Due to excessive loss of water and electrolytes from sweating
  - **Give the individual water, electrolytes such as gatorade and mild stretching of the involved area.**
- **Heat Stroke**
  - **Can Occur suddenly and without warning!**
  - Sudden collapse with loss of consciousness.
  - Hot, dry skin, shallow breathing, a rapid, strong pulse and core temperature of 106 degrees F or higher.
  - **This is a life threatening emergency.**
  - **Place in cool environment immediately, call 9-1-1 and treat for shock!**



# Heat Related Illnesses

Anyone who works in hot and humid temperatures are at risk to develop a heat related illness. Some people are more at risk than others. Other risk factors that increase your risk are:

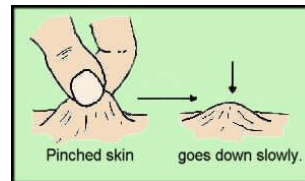
- Pregnant or breastfeeding women.
- Fever.
- Being overweight or obese.
- Individuals who do strenuous activities inside or outside in hot temperatures.
- Certain medications and medical conditions.
- Prior history of a heat related illness.

Every system in your body depends on proper hydration to function properly. Water makes up a large portion of our body. It makes up approximately 50% of a woman and 60% of a man's body mass. You should consume at least half your body weight in ounces of water per day. Water from foods such as fruits and vegetables count as part of your water intake. If you are thirsty you are already dehydrated or on your way to dehydration.



## Signs and Symptoms of Dehydration

- Muscle Cramps.
- Nausea and vomiting.
- Headaches.
- Dizziness.
- Dry Mouth.
- Lightheadedness.
- Skin not as elastic.
- Dark urine color. Some medications, foods or vitamins can cause the urine to be more yellow or darker in color.



## Prevention

- Replace fluids before, during and after work or activity.
- Wear one layer of loose, light colored clothing when working inside or outside in hot temperatures.
- Replace fluids and electrolytes lost.
- Drink cool water rather than cold water because the body absorbs it more rapidly.
- Stretch before, during and after work or activity.
- Take micro-breaks in cool area.
- Avoid or limit alcohol and caffeinated beverages consumption.

