

SAFETY DURING EXTREME HEAT



Extreme heat causes more deaths each year than hurricanes, lightning, tornadoes, earthquakes, and floods COMBINED.

46%

OF HEAT ILLNESS CASES

occurred on new employee's first day on the job.

80%

OF HEAT ILLNESS CASES

occur within the first four days of employment.

SYMPTOMS

HEAT EXHAUSTION IS THE PRECURSOR TO HEAT STROKE

104° F



the temperature at which **CELLULAR DAMAGE** can occur in the body if sustained for 30 minutes or more.

1 HEAT EXHAUSTION

Faint or Dizzy

Excessive Sweating

Cool / Pale / Clammy Skin

Rapid, Weak Pulse

Nausea or Vomiting

Muscle Cramps

HEAT EXHAUSTION

TAKE ACTION

Get the person to a cooler, air conditioned place | If fully conscious, drink water | Take a cool shower or use cold compresses | Sip water

2 HEAT STROKE

Throbbing Headache

No Sweating

Red / Hot / Dry Skin

Nausea or Vomiting

Rapid, Strong Pulse

May Lose Consciousness

HEAT STROKE

TAKE ACTION

Call 911 | Move the person to a cooler place | Help lower the person's temperature with cool clothes or a cool bath | Do not give the person anything to drink

BE PREPARED



STAY COOL

- Utilize personal and portable air conditioning like spot coolers, cooling stations, and fans whenever possible
- Avoid direct sunlight



STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar



STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Remember the warning signs of heat illness and know how to respond