

HEAT STRESS TIPS

Heat Stroke - is a serious medical condition that urgently requires medical attention. Sweating is diminished or absent, which makes the skin hot and dry. Body temperature is very high (106 degrees F. and rising), and if uncontrolled may lead to delirium, convulsions, coma, and even death

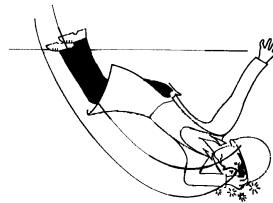
First Aid - THIS IS AN EMERGENCY! Brain damage and death are possible. Douse the Body continuously with a cool liquid and summon medical aid immediately.



Heat Exhaustion - may result from physical exertion in hot environments.

Symptoms may include profuse sweating, weakness, paleness of the skin, rapid pulse, dizziness, nausea, headache, vomiting, and unconsciousness. The skin is cool and clammy with sweat. Body temperature may be normal or subnormal

First Aid - Rest in the shade or cool place. Drink plenty of water (preferred) or electrolyte fluids, call for medical attention



SUMMER FUN IN THE SUN SAFETY TIPS:



Prevention - most heat-related health problems can be prevented or the risk of developing them reduced. Following a few basic precautions should lessen heat stress.

- DRINK WATER! As much as 1 quart per hour.
- Older and obese people on certain medications are at higher risks
- Take a break 10 min every hour in a cooler environment
- Educate everyone to recognize dehydration, exhaustion, fainting, heat cramps, salt deficiency, as heat disorders.

How Much Water is Enough?

Water, one of the most important things for sustaining life; without it death would occur within days. Water is involved in almost every bodily process and must be replenished on a regular schedule. Normally, about 2.5 liters of water is required each day for a sedentary adult (couch potato) living within the normal range of environmental temperatures. If you exercise on a regular basis or have a job that involves manual labor you may need to increase the amount accordingly. Many of us overlook the importance of being well hydrated. As summer approaches people find themselves outside more often, thereby increasing the need to drink more water and drinking it more often. By ensuring you are well hydrated you will increase your resistance to heat stress, improve your performance and also help fight fatigue. The following guidelines may be helpful to ensure you get the right amount of water each day.

1. Drink on a regular schedule. A stomach partially full of fluid will help water absorb into the cells of the body faster than an empty stomach. Kind of like a sponge. Once you feel thirsty, you are already dehydrated by 2-3% or about 1-2 liters low on water.

2. Increase fluid intake based upon workload. The body can sweat at a rate of 1.5-2.0 liters per hour. In the winter or while in a desert like climate, water may evaporate so quickly that the person is unaware of sweating and incapacitating dehydration can develop within 3 hours. Remember, just because your skin is dry doesn't mean you are not sweating.

3. Drink the right kind of fluid. Cool fluids (60-70°F) are emptied from the stomach faster than cold or hot drinks. Avoid as much as possible, carbonated beverages, which give a false feeling of fullness, caffeinated beverages, since they contain diuretics (makes you lose water from cells) and heavily sugared or salted drinks (such as sport drinks) because they can

actually slow down the absorption of water. If you find that you must have sport drinks because you just love the taste, dilute it with 50% water to increase the absorption. Unless you are exercising strenuously for at least 3 hours per day or think you are Carl Lewis, dilute the sport drinks.

4. Eat a well balanced diet on a regular basis. This will make salt supplements and electrolyte drinks unnecessary.

5. Reduce exposure from the sun by taking cover in the shade periodically.

Following these simple steps and referring to the water intake chart you can help ensure you maintain proper hydration and take adequate rest breaks to ensure your best performance and reduce heat related injuries at work and play. If you have questions, or would like more information, call your Safety Office.

Fluid Replacement Guidelines for Warm-Weather

		EASY WORK		MODERATE WORK		HARD WORK	
Heat Category	WBGT Index °F	Work/Rest minutes	Water Per Hour	Work/Rest minutes	Water Per Hour	Work/Rest minutes	Water Per Hour
1 Green	78 – 82	No limit	1 / 2 qt	No limit	3 / 4 qt	40/20 min	3 / 4 qt
2 Green	82 – 85	No limit	1 / 2 qt	50/10 mins	3 / 4 qt	30/30 min	1 qt
3 Yellow	85 - 88	No limit	3 / 4qt	40/20 mins	3 / 4 qt	30/30 min	1 qt
4 Red	> 88 - 90	No limit	3 / 4qt	30/30 min	3 / 4 qt	20/40 min	1 qt
5 Black	> 90	50/10 min	1 qt	20/40 min	1 qt	10/50	1 qt