

# HEAT ILLNESS KNOW THE SIGNS

Heat-related illnesses are a serious hazard.



## Mild Heat-Illness

The following are symptoms of **mild heat-illness**:

- Fatigue
- Headache
- Heavy sweating
- Muscle cramps
- Pale skin
- Increased heart rate
- Increased breathing rate

A person who stops sweating is in extreme danger; their body is no longer cooling itself.

Alert emergency responders immediately!  
**CALL 9-1-1**

A person with any symptoms of mild heat-illness should rest in the shade to cool-off and:

- Remove PPE and any excessive clothing
- Sit or lie down
- Drink water
- Use wet rags, cold packs or ice to cool the body

A situation becomes an **emergency** if a person displays any symptoms of **Exertional Heat Stroke (EHS)**:

- Semi-consciousness
- Vomiting
- Staggering
- Disorientation
- Irrational behavior
- Convulsions

**Exertional Heat Stroke (EHS)**  
is a life-threatening condition!

A person showing any symptoms of EHS must be cooled as quickly as possible.

- **Whole-body cold-water immersion** is the fastest way to cool the body.
- The second option is to continually **douse the body with water** (e.g., a cold shower, running a hose over the entire body, etc.).
- Continually talk to the person to monitor their consciousness and condition.

# HEAT ILLNESS PREVENTION



In an emergency  
it's critical to  
call 9-1-1  
immediately.

## Tips to Beat the Heat:

Heat-related illnesses are a serious hazard. **Exertional Heat Stroke (EHS)** is a life-threatening condition.

When performing physical labor in high-heat conditions, preventative measures are needed to avoid overheating:

- Acclimate yourself to the heat.
- Hydrate before, during and after work. Drink fluids even if you do not feel thirsty.
- Monitor the weather. Pay attention to both air temperature and heat index levels.
- Schedule less demanding tasks for the hotter times of the day and strenuous activities for cooler parts of the day (early morning or evening).
- Rotate duties between co-workers. Switch between physically demanding tasks and less demanding tasks.
- Wear light-colored, loose-fitting breathable clothing, such as garments made of cotton.
- Wear sunscreen.
- Take rest breaks in the shade.
- Work in pairs. Have a co-worker monitor you for signs of heat related illness and do the same for them.

Should you or a co-worker experience heat illness, **immediately stop working and take actions to cool the entire body!**

## Check the Chart!

Heat index is one factor to consider when determining whether to modify, adapt or cancel outdoor activities.

HEAT INDEX	RISK LEVEL
Less than 91°F / 33°C	Lower (Caution)
91°F to 103°F / 33°C to 39°C	Moderate
103°F to 115°F / 39°C to 46°C	High
Greater than 115°F / 46°C	Very High to Extreme

National Weather Service Heat Index chart

# HEAT ILLNESS PREVENTION



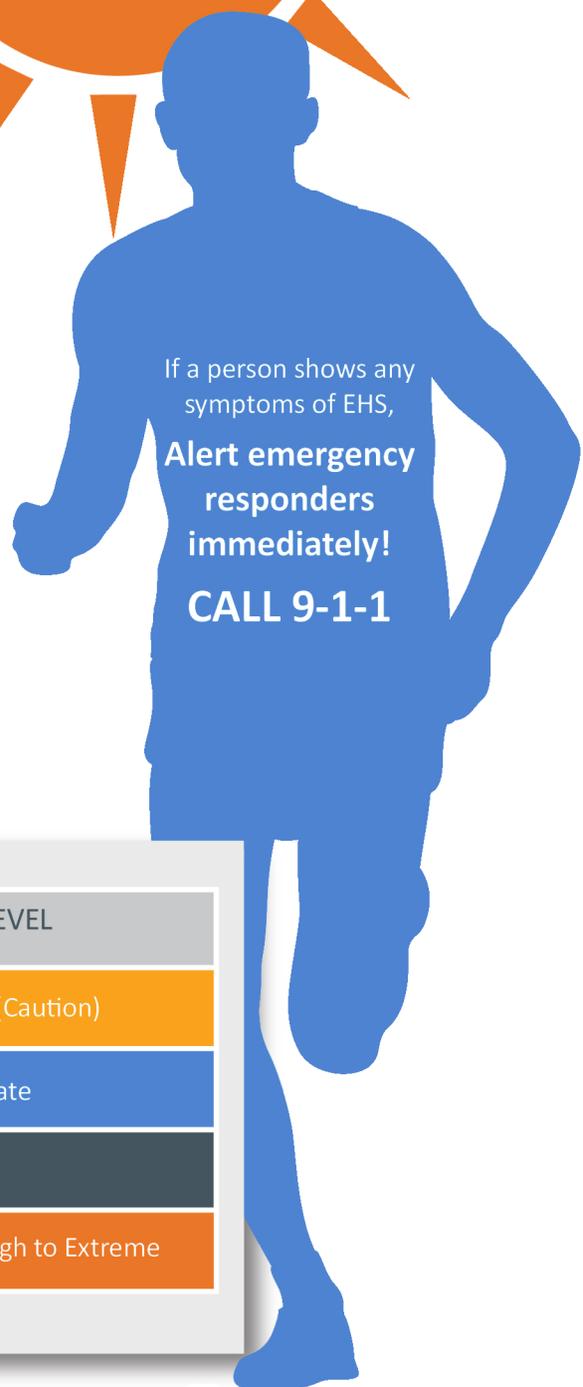
Make summer activities safe and enjoyable for all!

## Tips to Beat the Heat:

Strenuous activities in the heat place students at-risk for **heat-related illnesses**, including heat stroke. **Exertional Heat Stroke (EHS)** is the leading cause of preventable death in high school athletics.

**To lower the risk for EHS, avoid making students do too much, too soon, in too much gear.**

- Provide an acclimatization period to adapt to the heat.
- Monitor the weather. Pay attention to both air temperature and heat index levels.
- Modify, shorten or cancel activities based on heat levels.
- Have students hydrate before, during and after activities.
- Have designated cool areas, wet towels and fans.
- Adjust uniform and equipment requirements.
- Have an athletic trainer on site.



If a person shows any symptoms of EHS,

**Alert emergency responders immediately!**

**CALL 9-1-1**

**Should a student experience heat illness, take actions to cool them as fast as possible!**

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