



SAFETY TALK

Heat Safety

As the summer heats up we need to adapt our lifestyles and work habits accordingly. Anyone can become vulnerable to the stresses of severe summer heat. Factors such as age, size, weight, complexion and other physical traits can play a critical role in how our bodies deal with the heat.

Three types of heat related illnesses:

Heat Cramps: Painful cramps in the arms, legs or abdominal muscles caused by the onset of dehydration.

- o If you have heat cramps, temporarily stop the activity and move to a cooler area.
- o Drink cool water and gently stretch the affected muscles.

Heat Exhaustion: A milder form of heat related illnesses and occurs from working in high temperatures coupled with inadequate fluid intake.

- o Warning signs include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea/vomiting and fainting.
- o The victim's skin may look pale or be damp along with rapid heart rate and high blood pressure.
- o If untreated, heat exhaustion may transition into heat stroke.
- o Drink plenty of liquids such as water and sports drinks to replace electrolytes.
- o In extreme temperatures, more frequent breaks may be necessary to reduce the likelihood of heat related illness.

Heat Stroke: A serious condition that if untreated by emergency medical care could result in death.

- o Warning signs include pale dry skin with rapid heart rate, difficulty breathing, disorientation, agitation, confusion, fainting, strange behavior, seizures and coma.
- o Contact University Police (x2-3333) and start to cool the victim by placing ice under the armpits and groin areas.
- o Keep the victim in a cool place and fan them until emergency medical assistance arrives.

Date:	
Department:	
Supervisor (please print):	
Supervisor Signature:	
Employee Participants: **Please Print Clearly**	Signature