

Risk Factors

Risks exist when the heat index is 100 degrees or higher; or when temperatures are above 90 degrees and humidity is 60 percent or higher. Everyone responds to heat differently. Being aware of common risk factors can help you gauge your personal risks as well as those around you. Factors include, but are not limited to:

- Age
- Alcohol, drug use and/or caffeine consumption
- Lack of acclimatization
- Obesity
- Poor physical fitness
- Pre-existing medical conditions and certain medications
- Previous heatstroke
- Several days of sustained exposure to hot temperatures

Don't Be a Victim

Never underestimate the seriousness of heat illness. Don't use the feeling of thirst as an indicator that you need water. You can deplete as much as 30% of your body's water before you feel thirst.

Drink plenty of water before, during and after time spent in the heat. August is the hottest month of the year in Mississippi. Prevention is the best way to avoid all heat related illnesses.

For additional information on heat-related illnesses and treatments, visit:
www.osha.gov



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HEAT STRESS

HEAT STROKE

HEAT EXHAUSTION



*The heat is on so
be careful and...*

Protect Yourself

What you should know ...



Facts

Although most heat-related illnesses and deaths are readily preventable, “heat is the leading weather-related killer.” Government reports indicated that exposure to extremely high temperatures caused close to 8,000 deaths in the United States (US) between 1979-2010.¹

According to the US Department of Labor’s Occupational Safety & Health Administration (OSHA), to maintain a stable internal temperature while working in hot environments, the body must get rid of excess heat. Muscle usage during physical labor reduces blood flow to the skin, needed for releasing built up heat. Excess body heat that cannot be released is stored, causing the body’s core temperature to rise and the heart rate increase; resulting in heat exhaustion, cramps, strokes, and possible death. Protect yourself by being aware of related symptoms and treatments.

¹ www.epa.gov/climatechange/indicators

Heat Exhaustion

This milder form of heat-related illness can develop after several days of exposure to high temperatures and inadequate fluid replacement.

Symptoms

Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting.

Treatment

- Drink cool, nonalcoholic beverages.
- Rest.
- Take a cool shower, bath or sponge bath.
- Seek an air-conditioned environment.
- Wear lightweight clothing.

Heat Cramp

This occurs when large volumes of water are consumed without adequate salt replacement.

Symptoms

- Painful spasms of bone muscles or involuntary jerking
- Profuse sweating

Treatment

- Stop all activity and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside; further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in one (1) hour.

Heat Stroke

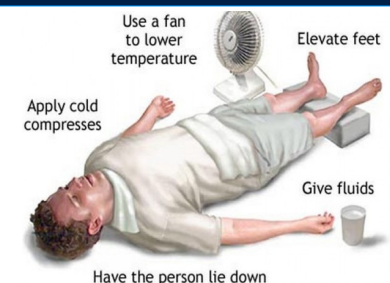
This is the most severe form of heat-related illness. Heat stroke **IS A MEDICAL EMERGENCY**. It is often fatal, however, it is preventable.

Symptoms

- High body temperature (over 103°F)
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache, dizziness and/or nausea
- Confusion, unconsciousness

Treatment

- Get medical assistance as soon as possible.
- Get the victim to a shady area.
- Cool the victim rapidly (ex., immerse in cool water or cool shower; spray or sponge victim with cool water; if humidity is low, wrap victim in a cool, wet sheet and fan vigorously).
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101/102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.



Source: www.doctortipster.com