

Summer Heat & How to Prevent Heat-Related Illnesses

Safety and Security Tips from S.E.A.L. Security Solutions

832.900.7017

Heat-Related Illnesses Can Be Deadly:

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if you don't drink enough water and rest in the shade. You can suffer from **heat exhaustion** or **heat stroke**.



Below, you will find some simple steps to take which will ensure that you are proactively doing all you can to prevent the effects of heat-related illnesses. You will also find signs and symptoms to watch for in yourself and others. Remember to stay hydrated!

Heat Stroke: The most serious heat-related disorder:

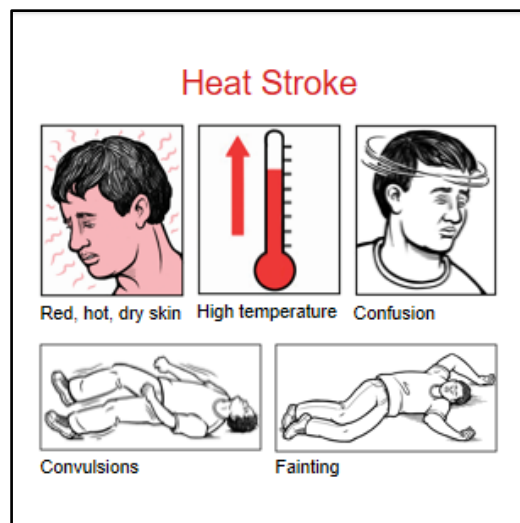
Heat stroke is a medical emergency that occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms of heat stroke include:

- Hot, dry skin or profuse sweating.
- Hallucinations.
- Chills.
- Throbbing headache.
- High body temperature.
- Confusion/dizziness.
- Slurred speech.

First aid for heat stroke:

- Call 9-1-1.
- Move the sick person to a cool shaded area.
- Cool them using methods such as soaking their clothes with water, spraying, sponging, or fanning their body.
- Even with immediate treatment, heat stroke can be life-threatening or cause serious long-term problems.



Other forms of heat-related illnesses:

The span of heat-related illnesses ranging from the least serious to the most dangerous are:

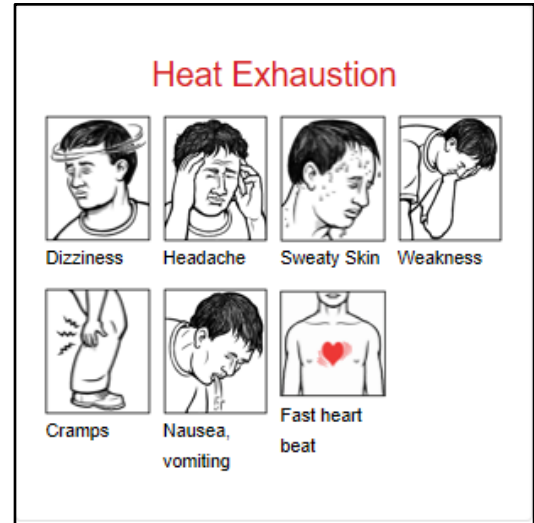
- Heat rash.
- Heat cramps.
- Heat edema.
- Heat exhaustion.
- Heat stroke.

Factors that increase your risk of heat-related illnesses and may make symptoms worse include:

- Dehydration.
- Exercising/working outdoors during hot weather.
- Overdressing for the environment.
- Certain prescription drugs (check with your Doctor).

Preventative measures:

- Use caution during your physical activity in the heat if you have health risks.
- Drink plenty of water before, during, and after you are active.
- Wear lightweight, light-colored, loose-fitting clothing in hot weather.
- Avoid drinking alcohol. It increases blood flow to the skin, increasing your risk of dehydration.



Final Tips

Most heat-related illnesses can be prevented by keeping the body cool and by avoiding dehydration in hot environments. Home treatment is usually all that is needed to treat mild heat-related illnesses.

Heat exhaustion and heatstroke, however, need immediate medical treatment.

Be aware that when the outdoor humidity is greater than 75%, the body's ability to lose heat by sweating is decreased. Other ways of keeping cool need to be used. Direct exposure to the sun can increase the risk of a heat-related illness on days when the heat index is high.

Oak Forest Hotline

832.900.7017

Water

Rest

Shade

