

Preventing Heat Stress

Excess heat can place abnormal stress on your body. Hard work during high heat and humidity can cause heat cramps, heat exhaustion or heat stroke. These are your body's warning signals that your core body temperature is rising. It's important that you be able to recognize the warning signals so that you can take steps to prevent excess body temperatures and possible organ and brain damage. You can use this chart to identify your body's heat stress signals, and apply the appropriate action to prevent heat stress.

DISORDER	SYMPTOMS	TREATMENT
Heat Cramps	<ul style="list-style-type: none">• Muscle Pain and Spasms	<ul style="list-style-type: none">• Drink Water• Alternate Tasks Between Strenuous and Easy
Heat Exhaustion	<ul style="list-style-type: none">• Fatigue• Nausea• Headache• Giddiness• Clammy Skin• Red Complexion• Rapid Heart Rate• Fainting	<ul style="list-style-type: none">• Move to a Cool Area• Drink Water Moderately• Rest
Heat Stroke	<ul style="list-style-type: none">• Hot, Dry, Red and Blotchy Skin• Mental Confusion• Convulsions• Loss of Consciousness	<ul style="list-style-type: none">• Immerse in Cool Water or Wrap in Wet Cloth• Get Medical Attention

Tips To "Beat The Heat"

- Drink water frequently and moderately.
- Most people already consume too much salt; salt tablets are usually unnecessary.
- Adjust working hours to take advantage of cooler morning or evening hours.
- Rest frequently.
- Use non-carbonated drinks. A dash of lemon juice in water is good.
- Reduce or eliminate alcohol consumption the night before.
- Wear light-colored, cotton clothing and keep a shirt on.
- Ventilate enclosed areas.
- Wear a hat.
- Eat light meals.

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