



Eye on Safety | Beat the Heat this Summer!

As the mercury rises, take care to avoid heat stress - especially when outdoors. Heat-related illnesses happen when the body is not able to properly cool itself. The body normally cools itself by sweating, but while working in extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs. It can even cause death.

The infographic is divided into two main sections: Heat Exhaustion (orange background) and Heat Stroke (red background). In the center is a stylized human figure with a red-to-orange gradient, holding a water bottle and a phone. To the left of the figure, under 'Heat Exhaustion', are symptoms: Dizziness, Thirst, Heavy Sweating, Nausea, and Weakness. To the right, under 'Heat Stroke', are symptoms: Confusion, Dizziness, and Becomes Unconscious. Each section has an 'ACT FAST' box with instructions. The Heat Exhaustion box lists: Move to a cooler area, Loosen clothing, Sip cool water, and Seek medical help if symptoms don't improve. The Heat Stroke box lists: Move person to a cooler area, Loosen clothing and remove extra layers, and Cool with water or ice. A note at the bottom states: 'Heat exhaustion can lead to heat stroke.' and 'Heat stroke can cause death or permanent disability if emergency treatment is not given.' Logos for CDC, NIOSH, and OSHA are at the bottom, along with the slogan 'Stay Cool, Stay Hydrated, Stay Informed!'.

Factors That May Increase Heat Illness Risk:

- High levels of humidity
- Certain medications (check with your doctor, nurse, or pharmacy and ask if any medicines you are taking affect you when working in hot environments).
- If you have had heat-induced illness in the past.
- Wearing personal protective equipment (like respirators or suits).
- Older age.
- Dehydration or sunburn.
- Obesity, heart disease or poor circulation.

Ways To Prevent Heat Stress:

- Drink plenty of cool water (one small cup every 15-20 minutes).
- Wear light, loose-fitting, breathable (like cotton) clothing.
- Take your breaks away from heat sources or direct sunlight (allow your body to cool down).
- Avoid eating large meals before working in hot environments.

-Avoid caffeine and alcoholic beverages (these beverages make the body lose water and increase the risk for heat illnesses).