

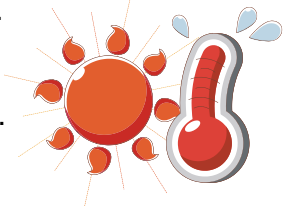


JUNE: National Safety Month

HEAT EXHAUSTION AND HEAT STROKE

It seems that really hot weather has arrived earlier than expected, so it's extremely important that you monitor yourself and family members for signs of heat exhaustion or heat stroke.

Heat exhaustion occurs when your body cannot sweat enough to cool off. It typically occurs when people work or exercise in hot, humid conditions. Symptoms include: cool, pale, clammy skin; weakness; fatigue; nausea and vomiting; headache; dizziness; and increased sweating.



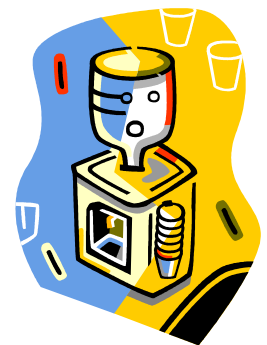
Heat exhaustion can lead to heatstroke. Heatstroke is life threatening and it requires emergency treatment. The mechanism that regulates our body's temperature stops working and body temperature rises rapidly to 105° or greater. Symptoms include: hot, **dry**, bright red skin (you actually STOP sweating); rapid pulse; confusion; and the victim may be unconscious.

Self care measures for heat exhaustion:

- Get the person out of the sun to a cooler location.
- Loosen or remove the person's clothing.
- Drink lots of cool water or a sport drink such as Gatorade.
- Cool the person off by sponging or spraying with cool water.
- Call the doctor's office if symptoms do not improve within an hour.
- **Stay alert to the symptoms of heatstroke. Call 911 immediately if someone is suffering from heatstroke.**

Prevention:

- Avoid strenuous outdoor physical activity during the hottest part of the day.
- Wear light colored, loose-fitting clothing.
- Drink 8-10 glasses of water/day. Drink more if you are working or exercising in hot weather. If you find yourself "feeling" thirsty . . . you waited too long to drink!



PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

