

HEAT ILLNESS

Stay cool - Stay Hydrated - Stay informed

Every year, dozens of workers die and thousands more become ill while working in hot or humid conditions. Heat-related illnesses are preventable. It's important to know the symptoms and what to do if you or someone else shows signs of having a heat-related illness.



WARNING SIGNS

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- Confusion
- Dizziness
- Fainting
- Fast, weak pulse
- Headache
- Heavy sweating
- High body temperature (103°F or higher)
- Hot, red, damp skin
- Muscle cramps or spasms
- Nausea

WHAT TO DO:

Move to a cooler place
Lower your temp with cool cloths or a cool bath
Loosen your clothes

GET MEDICAL HELP IF:

You are throwing up
Your symptoms worsen or last more than 1 hour
You have heart problems

FOR MORE INFORMATION

For questions, more information or to order materials on heat illness prevention please visit our website www.sia-jpa.org or email preventionservices@sia-jpa.org



Schools Insurance Authority
P.O. Box 276710
Sacramento, CA 95827
916.364.1281

Heat Illness Prevention



Prevention Services



PO Box 276710 • Sacramento, CA • 95827
(916) 364-1281 • preventionservices@sia-jpa.org

STAY COOL

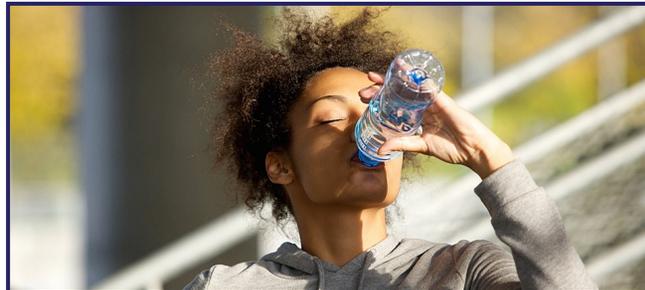
- **Wear Appropriate Clothing:** Choose light-weight, light-colored, loose-fitting clothing.
- **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible.
- **Schedule Outdoor Activities Carefully:** Try to limit outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- **Pace Yourself:** If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade and rest, especially if you become lightheaded, confused, weak, or faint.



- **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.
 - **Tip:** Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels- these products work best.
- **Avoid Hot and Heavy Meals:** They add heat to your body!

STAY HYDRATED

It's extremely important to stay hydrated during the warm, summer months—especially if you plan on spending time outdoors and in direct sunlight. Sweat is the body's natural way of cooling itself; if your body isn't able to produce sweat due to dehydration, it won't be able to regulate your temperature and can cause you to overheat.



- **Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Even if you don't feel thirsty, drink plenty of fluids - 16 to 20 ounces of water every hour. By the time you feel thirsty, you are already behind in fluid replacement.
 - **Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.
- **Avoid Caffeinated Drinks:** Like coffee or soda, and any drink containing alcohol as these can further dehydrate your body. Also, avoid very cold drinks, because they can cause stomach cramps.
- **Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.
 - If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

STAY INFORMED

- **Check for Updates:** Check your local news for extreme heat alerts, safety tips and to learn about any cooling shelters in your area.
- **Know the Signs:** Learn the signs and symptoms of heat-related illnesses and how to treat them.
- **Use a Buddy System:** When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.



- **Monitor Those at High Risk:** Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:
 - Infants and young children
 - People 65 years of age or older
 - People who are overweight
 - People who are physically ill, especially with heart disease, high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation.

