

# FACT SHEET

## HEAT ILLNESS PREVENTION



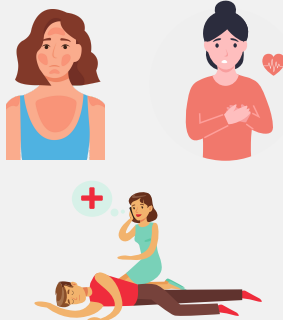
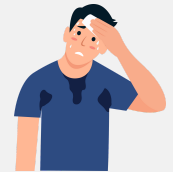
Heat illness is a serious medical condition caused by the body's inability to cope with a particular heat load. Types of heat illness include: heat rash, heat cramps, heat exhaustion, and heatstroke.

### Do you know the symptoms of heat illness?



**Life-threatening Symptoms:**  
High body temperature (>103 °F)  
Red, hot, and dry skin  
Confusion  
Convulsion  
Fainting  
Rapid pulse  
Loss of consciousness


**Early Symptoms:**  
Fatigue  
Heavy sweating  
Headache  
Cramps  
Dizziness  
Rash  
Nausea or vomiting





### Know your risk factors

Health  
Humidity and Temperature (humidex)  
Activities  
Medications  
Poor acclimatization

### Safety tips

 Drink plenty of water. Do not wait until you get thirsty. Avoid alcohol, coffee, or soft drinks

 Take frequent breaks. Taking breaks in cool shaded areas allows the body to recover from heat exposure.

 Wear clothing that is lightweight and loose-fitting. Wear UV-absorbent sunglasses, and a wide-brimmed hat or cap. NOTE: some personal protective equipment (e.g., air purifying respirators, heavy work suits, etc.) may increase your susceptibility to heat illness.

### First aid for heat illness

**Heat stress:** sit or rest in a cool place, slowly drink water or clear juice.

**Heat exhaustion:** remove worker from hot area, give liquids, remove unnecessary clothing, cool with water, ice, fans, or whatever is available.

**Heat stroke:** call for emergency care immediately, especially with any mental status change, cool with water, ice, fans or whatever is available.

**Heat stroke can be fatal if treatment is delayed. Cooling and emergency care are the priorities.**

**For medical emergency call Campus Safety Services at ext. 4444 from a Carleton landline or 613-520-4444.**