

**What are summer hazards?** Summer hazards are related to heat illness and sun exposure

## What is heat illness?

*Heat illness* – is a spectrum of progressive illness caused by the body not regulating its core temperature.

- *Heat Rash* – A condition where sweat glands get plugged and can be itchy sometimes.
- *Heat Cramps* – due to excessive sweating, your salts are decreased and painful cramps can occur.
- *Heat exhaustion* – occurs when the body cannot keep blood flowing to internal organs and the skin.
- *Heat stroke* – occurs when all bodily water and salt reserves have been used up and the body cannot not cool itself.

## How to treat heat rash?

Heat rash usually goes away when the skin is cooled down. If rash persists medical treatment may be required.

## How to treat heat cramps?

Heat cramps are treated by resting and cooling down. To restore lost fluid, drink clear juice or electrolyte sports drinks. Avoid strenuous activity for several hours.

## What are symptoms of heat exhaustion?

People who are experiencing heat exhaustion have the following symptoms:

- Weakness – feeling faint
- Headaches
- Breathlessness
- Nausea or vomiting
- Difficulty continuing work

## What if I have other concerns?

If you have any concerns or questions speak to your:

1. Supervisor,
2. Health and safety representative, or
3. Contact EHS

## How do you treat heat exhaustion?

*Rest in a cool place* – Ideally get into air conditioning, but at the very least move into a shaded spot

*Drink cool fluids* – stick with water and sports drinks, avoid alcohol and caffeinated drinks.

*Try cooling measures* – if possible take a cool shower or bath or mist with cool water.

*Loosen clothing* – remove unnecessary clothing and wear light and nonbinding clothes

## What are symptoms of heat stroke?

People who are experiencing heat stroke have the following symptoms:

- Confusion or irrational behavior
- Convulsions
- Unconsciousness
- No sweating – hot dry skin

## How do you treat heat stroke?

*Call 4444* – Medical treatment is urgently required  
*Aggressively cool the person*– immerse in cool water or spray with a hose.

*If unconscious* – give nothing to drink.

**What are the dangers of the sun?** Sunburn is caused by ultraviolet (UV) radiation on unprotected skin. UV exposure is able to cause cancer, cataracts, and premature aging of the skin.

## How do I protect myself?

- *Clothing* – wear a shirt and long pants for skin coverage.
- *Sunscreen* – Use a sunscreen with a SPF 30 or higher, cover your ears, nose and chin.
- *Safety glasses* – tinted or un-tinted safety glasses will reduce the UV exposure for your eyes.