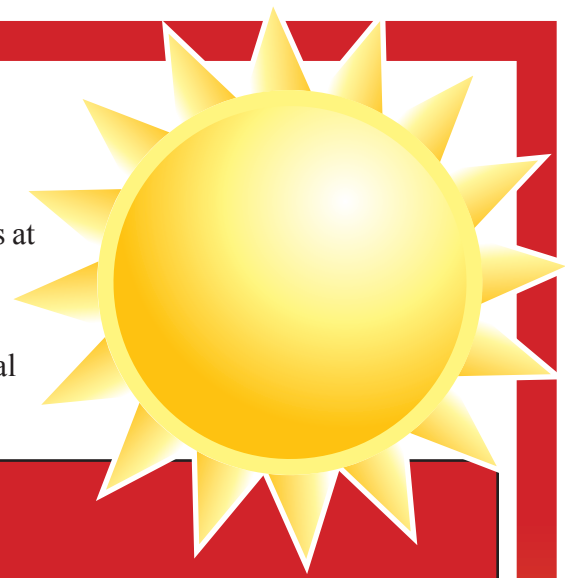


Heat Related Illnesses

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Alabama's intense summer weather puts many of our municipal employees at risk for injury or illness. Heat related illnesses can take place when the body's cooling system is overwhelmed. Combining physically demanding work and long days with dangerously hot temperatures can result in several types of heat related illnesses.



Illness	Signs/Symptoms
Heat Rash	Clusters of tiny red bumps surrounded by red skin.
Heat Cramps	Painful muscle spasms, usually in the abdomen, arms or legs.
Heat Exhaustion	Sweating, headache, dizziness, weakness, irritability, nausea or vomiting.
Heat Stroke	Confusion, loss of consciousness, seizures, red hot dry skin, hallucinations and very high body temperature.

Heat Stroke is the most serious form of heat-related illness that happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. **Heat stroke is a life threatening condition that requires immediate medical attention! Call 911 Immediately!**

First Aid for Heat Related Illness

Immediately respond to signs and symptoms of possible heat-related illness:

- Move to a cool environment.
- Drink cool fluids such as water or sports drinks (avoid caffeine or carbonated beverages).
- Rest in a cool place.
- Loosen clothing to allow your body to cool.
- Wet and fan skin, and use cool wet towels to aid cooling.

Remember a heat stroke is a life threatening medical condition that requires urgent medical attention.

Preventing Heat Related Illnesses When Working in Hot, Humid Conditions

The first step towards reducing the risk of heat related injuries is educating employees on the causes of heat related illnesses as well as recognizing the signs and symptoms.

- Be on high alert on hot, humid days.
- Consider altering the work schedules to avoid the hottest time period.
- Wear light-colored, loose-fitting, breathable clothing.
- Increase the frequency and length of rest breaks.
- Drink plenty of fluids throughout the day. Avoid caffeine and carbonated drinks as these usually remove water from the body. Drink enough water that you never become thirsty. Approximately 1 cup every 15-20 minutes.