Summertime in Texas!

One thing is for sure, it’s HOT! Exposure to heat can cause illness and death. Heat stroke represents the most serious heat-related illness. We encourage you to read these tips to help keep you safe during the summer months.

RISK FACTORS FOR HEAT ILLNESS

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor or activity
- Heavy clothing

SYMPTOMS OF HEAT EXHAUSTION

- Headache, dizziness, or fainting
- Weakness and cool, clammy skin or excessive sweating
- Irritability or confusion
- Thirst, nausea, or vomiting

SYMPTOMS OF HEAT STROKE

- Confusion, unable to think clearly, fainting, collapse or seizures
- Individual may stop sweating, skin dry and hot
- Difficulty breathing, headache, dizziness, vomiting
- Loss of consciousness

If you notice someone suffering from any of these symptoms, immediately call 911 for medical attention!

HEAT ILLNESS PREVENTION

- Wear light loose fitting and/or light colored clothes that allow air to flow through them
Stay hydrated. Drink plenty of fluids throughout the day
Avoid drinks with caffeine and alcohol; these can cause you to dehydrate faster
If at all possible, work or play in a shaded area
If you are on medication, check to make sure long exposure to the sun is safe
Take frequent rest breaks
If possible, take breaks and/or seek shelter in air conditioned spaces

**FLUID REPLACEMENT GUIDELINES FOR WARM-WEATHER**

<table>
<thead>
<tr>
<th>Temp(F)</th>
<th>Easy Work</th>
<th>Moderate Work</th>
<th>Hard Work</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Work/Rest Minutes</td>
<td>Water Per Hour</td>
<td>Work/Rest Minutes</td>
</tr>
<tr>
<td>78-82</td>
<td>No limit</td>
<td>½ qt.</td>
<td>No limit</td>
</tr>
<tr>
<td>82-85</td>
<td>No limit</td>
<td>½ qt.</td>
<td>50/10 min</td>
</tr>
<tr>
<td>85-88</td>
<td>No limit</td>
<td>¾ qt.</td>
<td>40/20 min</td>
</tr>
<tr>
<td>&gt;88-90</td>
<td>No limit</td>
<td>¾ qt.</td>
<td>30/30 min</td>
</tr>
<tr>
<td>&gt;90</td>
<td>50/10 min</td>
<td>1 qt.</td>
<td>20/40 min</td>
</tr>
</tbody>
</table>

**IF YOU FOLLOW THESE HEAT ILLNESS SAFETY TIPS THEY WILL KEEP YOU WORKING AND PLAYING THROUGH THE HOT SUMMER MONTHS!**

**Cars Heat Up Quickly!**

**Outside Temperature 80°**

- Inside 109°: Time Elapsed: 20 minutes
- Inside 118°: Time Elapsed: 40 minutes
- Inside 123°: Time Elapsed: 60 minutes

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LINKS FOR ADDITIONAL HEAT SAFETY INFORMATION:

- [https://www.weather.gov/safety/heat](https://www.weather.gov/safety/heat)
- [https://www.weather.gov/rah/heat](https://www.weather.gov/rah/heat)
- [https://www.osha.gov/Publications/osha3154.pdf](https://www.osha.gov/Publications/osha3154.pdf)

The key to avoid heat-related illnesses is PREVENTION!

[http://www.shsu.edu/dept/human-resources/risk-management/](http://www.shsu.edu/dept/human-resources/risk-management/)