



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

Temp(F)	Easy Work		Moderate Work		Hard Work	
	Work/Rest Minutes	Water Per Hour	Work/Rest Minutes	Water Per Hour	Work/Rest Minutes	Water Per Hour
78-82	No limit	1/2 qt.	No limit	3/4 qt.	40/20 min	3/4 qt.
82-85	No limit	1/2 qt.	50/10 min	3/4 qt.	30/30 min	1 qt.
85-88	No limit	3/4 qt.	40/20 min	3/4 qt.	30/30 min	1 qt.
>88-90	No limit	3/4 qt.	30/30 min	3/4 qt.	20/40 min	1 qt.
>90	50/10 min	1 qt.	20/40 min	1 qt.	10/50 min	1 qt.

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°

<p>Inside 109°</p> <p>Time Elapsed: 20 minutes</p>	<p>Inside 118°</p> <p>Time Elapsed: 40 minutes</p>	<p>Inside 123°</p> <p>Time Elapsed: 60 minutes</p>
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Heat Safety Awareness |

LINKS FOR ADDITIONAL HEAT SAFETY INFORMATION:

- <http://www.ready.gov/heat>
- <https://www.weather.gov/safety/heat>
- <https://www.weather.gov/rah/heat>
- <http://www.bing.com/videos/search?q=Heat>
- <https://www.osha.gov/Publications/osa3154.pdf>
- <http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/heatwave-safety>
- <https://us.britax.com/tips-advice/heat-safety-awareness/>

**The key to avoid heat-related illnesses is
PREVENTION!**

<http://www.shsu.edu/dept/human-resources/risk-management/>