

## IMPORTANT POINTS

- Shorts and muscle shirts are not permitted on our clients' work site
- Punctuality must be respected. We provide this service to our clients, the very ones that are providing you with employment
- If you are working for a client on an on-going basis and you require time off, you must notify the office a minimum of 48 prior to your assignment
- Any changes to your file; ie, availability, address, phone number, banking information please notify the office

Have a safe and healthy month of July!

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## Heat Exhaustion /Heat Stroke

Heat exhaustion is a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating. It's one of three heat-related syndromes, with heat cramps being the mildest and heatstroke being the most severe.

Warning signs of heat exhaustion include:

- Headaches, dizziness, light headedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion
- Upset stomach or vomiting.
- Heavy sweating

Your skin may feel hot and moist and appear flushed. Causes of heat exhaustion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity. Without prompt treatment, heat exhaustion can progress to heatstroke, a life-threatening condition. Fortunately, heat exhaustion is preventable.

In most cases, you can treat heat exhaustion yourself by doing the following:

- Rest in a cool place. Getting into an air-conditioned building is best, but at the least, find a shady spot. Rest on your back with your legs elevated higher than your heart level.
- Drink cool fluids. Stick to water or sports drinks. Don't drink any beverages that have alcohol or caffeine, either of which can contribute to fluid loss.

- Apply cool water to your skin. Take a cool shower or drench yourself with a water hose if possible.
- Loosen clothing. Remove any unnecessary clothing.

Heatstroke is a life-threatening condition that occurs when your internal body temperature reaches 104 F (40 C) or higher. Heatstroke is the escalation of two other heat-related health problems: heat cramps and heat exhaustion. You can prevent heatstroke if you receive medical attention or take self-care steps as soon as you notice problems.

Signs of Heat Stroke are:

- High body temperature. A body temperature of 104 F (40 C) or higher is the main sign of heatstroke.
- Cessation of sweating. This is often one of the first signs that your body temperature is too high. In heatstroke brought on by hot weather, your skin is hot and dry to the touch. Your body stops sweating.
- Hyperventilation. Your breathing may become rapid and shallow.
- Rapid heart rate and pulse.
- Seizures or Convulsions.
- Neurological symptoms. You may have seizures, lose consciousness, slip into a coma, hallucinate, or have difficulty speaking or understanding what others are saying.

Whatever the cause, you'll need immediate medical attention to prevent brain damage, organ failure or death.

## Prevention

During the summer, we must all take precautions to ensure our bodies don't get over heated. Here are some prevention techniques to help you.

- Use general ventilation, cooling fans, and evaporative cooling whenever possible.
- Shield furnaces and other heat producing equipment including steam leaks.
- Wear loose, lightweight, light colored clothes.
- Drink water steadily before and during work in the heat.
- Drink about 16 ounces before starting
- Drink 5 to 7 ounces every 15 or 20 minutes during hot work.
- Eat well-balanced meals. Eat more smaller/lighter meals rather than large meals.
- Avoid drinks with alcohol and caffeine.
- Work at a steady pace, minimizing overexertion.
- Take regular breaks in a cool, well-ventilated area.
- Know your own limits and ability to work safely in heat.
- Take extra precautions with certain medications. Several medications can affect your body's ability to stay hydrated. Check with your doctor.
- Avoid sunburn. Having a sunburn reduces your body's ability to rid itself of heat.

Source: Safety Toolbox Talk