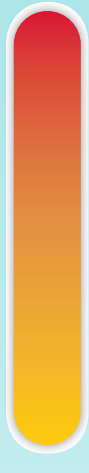


# Beat The Heat

**HEAT INDEX** - The heat index is what the temperature feels like to the human body when relative humidity is combined with the air temperature.

Based upon heat index levels, additional measures should be followed:

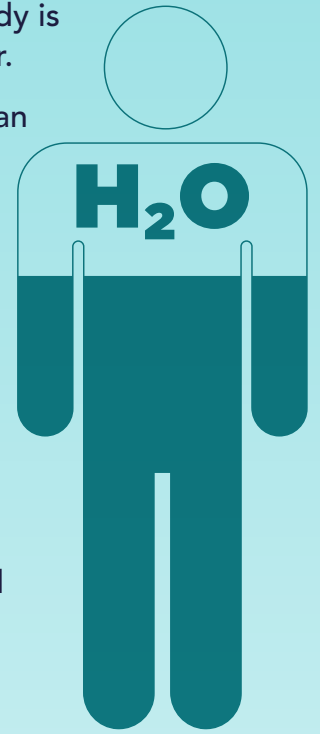
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- **115° EXTREME** – Enact aggressive protective manners.
  - **103-115° HIGH** – Observe additional precautions to protect workers.
  - **91-103° MODERATE** – Implement precautions and heighten awareness.
  - **<91° LOWER** – Introduce heat safety planning.

The average human body is made up of **60%** water.

In extreme conditions, an employee who sweats profusely can lose up to **6 QUARTS** of water in a workday, equivalent to **13 POUNDS!**

## WATER = FUEL

Similar to gasoline for a car, water serves as the fuel to perform well and keep going. Avoid becoming dehydrated.



To prevent dehydration, drink an average of **4 CUPS** of water every **2 HOURS**.



It is estimated that up to **80%** of U.S. adults experience mild dehydration.



## RECOGNIZE THE SIGNS OF HEAT ILLNESS

### HEAT CRAMPS:

- 1 Excessive sweating and loss of salts leads to heat cramps.
- 2 Symptoms include severe cramps occurring in the legs, arms or abdomen.

### HEAT EXHAUSTION:

- 1 Occurs when a person fails to consume enough fluids in a hot environment
- 2 Symptoms include extreme thirst, fatigue, weakness, clammy skin, nausea, vomiting, rapid breathing, etc.

### HEAT STROKE:

- 1 The result of not consuming enough fluids or taking breaks, this serious illness can occur when the body temperature rapidly rises.
- 2 Symptoms include skin no longer sweating, and the employee becomes red, hot and dry, with a weak pulse. With any of these signs, 911 should be called immediately.

## HOW TO PREVENT HEAT ILLNESS



Drink plenty of water.



Always take breaks as needed and rest in a shaded area.



Cool down with a wet cloth and sip water slowly when ready.



Wear sunscreen and lightweight clothing, stay covered.

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