

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2018, 162 people died in the U.S. from exposure to excessive heat. People most at risk include:

- People on certain medications (typically heart and blood pressure medications)
- People who are ill, have chronic health conditions
- People 65 and older as well as infants
- People who are overweight
- People who are not acclimatized to the heat. (Acclimatization usually occurs over 2 weeks with progressive increased exposure to higher temperatures.)

There are three categories of heat related illness's (Heat Cramps, Heat Exhaustion and Heat Stroke). Heat cramps are usually the first sign of heat related illness. Heat Exhaustion is the body's warning that if cooling doesn't occur, heat stroke will occur. Recognition and treatment of the symptoms of heat exhaustion is critical to prevent heat stroke. Heat stroke is a true medical emergency and 911 must be called immediately. The information below should help you recognize the symptoms and understand treatment of heat related illness. **REPORT ANY SYMPTOM EARLY!**

## HEAT ILLNESS SYMPTOMS & TREATMENT

**Heat Cramps** are painful involuntary contractions of muscles fatigued by heavy work, muscles involved are usually the legs, shoulders, and abdomen. Heat cramps can occur during exercise or during work in a hot environment or heat cramps may begin a few hours later. The treatment of heat cramps includes the following:

- Moving to a shaded area to rest and hydrate, away from the sun and heat.
- Wiping down the arms, legs, back of neck, and face with cool moist towel.
- Persons experiencing heat cramps should be monitored.

Medical treatment should be sought if heat cramps do not go away with rest and restoration of fluids. It is important to prevent heat cramps from progressing to heat exhaustion and then heat stroke. See the information below regarding Heat Exhaustion and Heat Stroke.

### Symptoms of Heat Exhaustion:

Headaches, dizziness, or light-headedness, weakness, mood changes, irritability, or confusion, feeling sick to your stomach, vomiting, fainting, decreased and dark-colored urine, and pale and/or clammy skin.

### First Aid Measures:

- Move the person to a cool, shaded area. Use of an air-conditioned vehicle may be helpful.
- If the person is dizzy or light-headed, lay him/her on their back and raise their legs about 6-8in. If the person is sick to their stomach position them on their side.
- Loosen and remove heavy clothing.
- If alert, have the person drink some cool water (a small cup every 15 minutes). NEVER give liquids to anyone with a diminished mental status.
- Cool the person by fanning or use of a cool spray mist of water or wet cloths.
- With someone accompany the person, you may put them in to the hot environment they **may** very quickly return to their previous condition and be more severe than before.
- **Don't leave the person alone.**
- If the person does not feel better within 30 minutes dial **911**.

### Symptoms of Heat Stroke:

Dry, pale skin (no sweating); hot, red skin (looks like a sunburn); mood changes; irritability, confusion, and not making any sense; seizures and collapse (will not respond).

### First Aid Measures:

- **Call 911 – This is an emergency!**
- Move the person to a cool, shaded area. Use of an air-conditioned vehicle be helpful.
- Remove heavy outer clothing.
- Immediately cool the person with any means possible. Use a spray mist of water, a sponge with cold water, or apply ice bags or packs at the neck, armpits, and groin. Consider the use of an emergency shower.
- Lay the person on their side in case they vomit.
- If the person is having a seizure, remove close objects that could cause injury.
- If the person is alert give them a drink of cool water – no caffeine. NEVER give liquids to anyone with a diminished mental status.
- **Don't leave the person alone.**

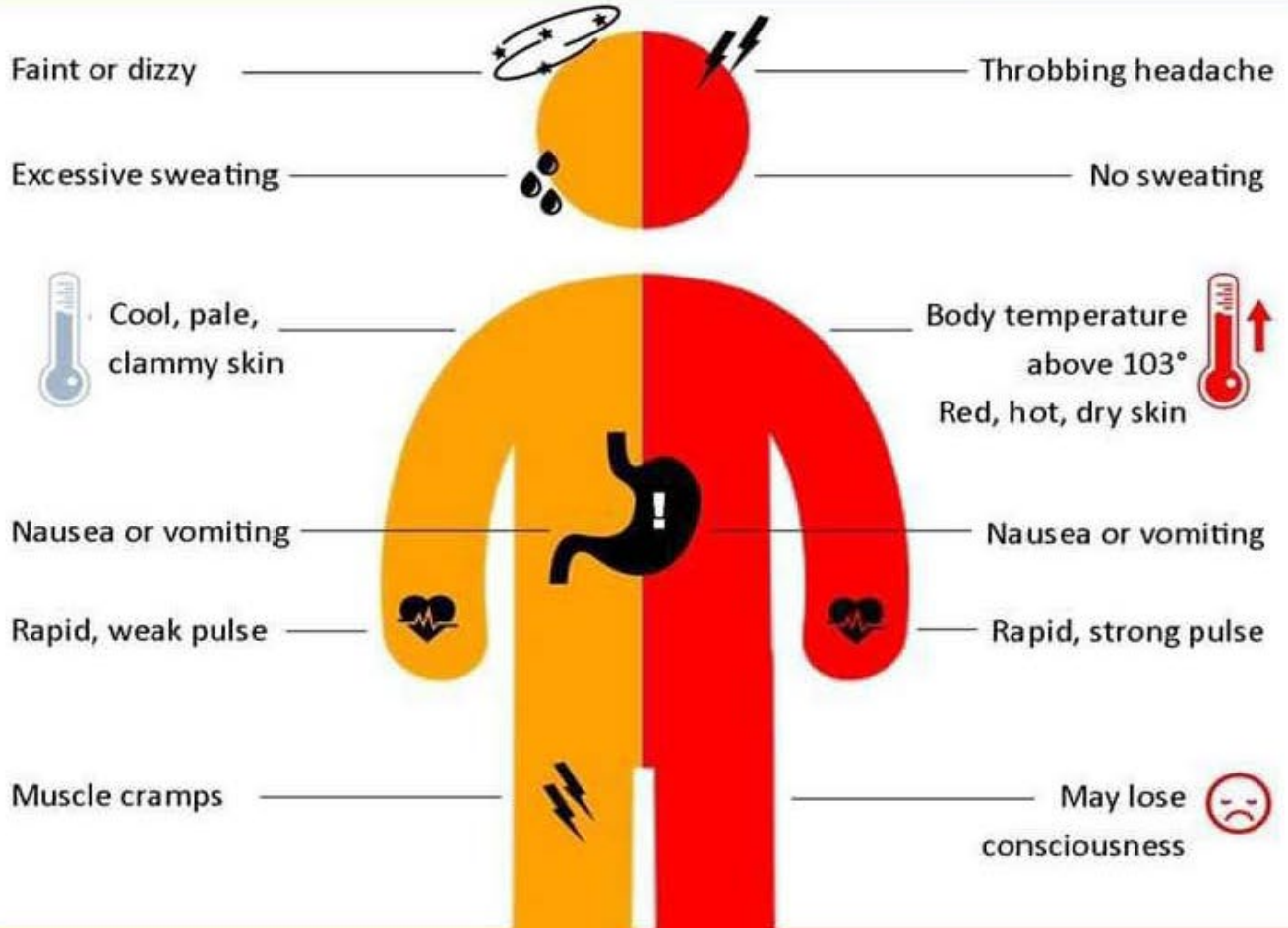
**Remember: Hydrate before, during, and after working in a hot environment.**



## HEAT EXHAUSTION

OR

## HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

# CALL 9-1-1

- Take immediate action to cool the person until help arrives



[Weather.gov/socialmedia](https://www.weather.gov/socialmedia)  
[Weather.gov/heat](https://www.weather.gov/heat)



@SacramentoOES  
SacramentoReady.org

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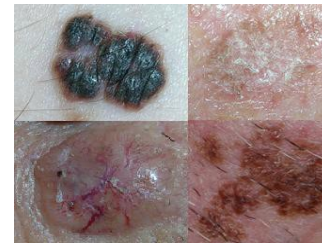
**Protecting  
Yourself in  
the Sun**

Sunlight contains ultraviolet (UV) radiation which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. *There are no safe UV rays or safe suntans.*

**Skin Cancer**

Sun exposure at any age can cause skin cancer. Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any of the following physical features:

- Numerous, irregular, or large moles
- Freckles
- Fair skin
- Blond, red, or light brown hair



**Self-Examination**

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of 1 month to 1 or 2 years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules.
- Red, scaly, sharply outlined patches.
- Sores that don't heal.
- Small, mole-like growths - melanoma, the most serious type of skin cancer.

If you find such unusual skin changes, see a health care professional immediately.

**Block Out UV Rays**

- Cover up. Wear tightly woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- Use sunblock. A sun protection factor (SPF) of at least 60 which blocks UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.
- Wear a hat. A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- Wear UV-absorbent sunglasses. Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation. Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are at their strongest.

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**MONTHLY SAFETY SUBJECT**  
**HEAT / SUN PROTECTION**

JUNE

2021



**MaineDOT**

The following is a list of catalog items available through Mancon to combat both sun and heat exposure:

**Eye Protection**

- KCC25671 - BLACK LENS SAFETY GLASSES - Manufacturer claims 99.9% UVA/UVB/UVC Protection
- HONS4201X - BLACK LENS SAFETY GLASSES - Manufacturer claims 99.9% UVA/UVB Protection
- KCC22475 - BLACK LENS SAFETY GLASSES - Manufacturer claims 99.9% UVA/UVB/UVC Protection
- KCC14481 - BLUE MIRROR SAFETY GLASSES - Manufacturer claims 99.9% UVA/UVB/UVC Protection
- CWPF2112 – Black lens Safety Glasses – Manufacturer claims 99.9% protection from harmful UV rays

**Breathability Shirts**

- MLK755305 (Sizes Small to 6X) - SHORT SLEEVE ANSI Class 3 Hi-Vis MEDOT LOGOED SHIRTS

**Thirst Protection**

- 8GR3ZC45 - 3 GALLON BEVERAGE COOLER
- 8GR5DDA9 - 5 GALLON BEVERAGE COOLER

Use of coolers by multiple individuals is currently prohibited due to COVID-19 restrictions.

- GTD33677EA – GATORAGE POWDER POUCH GLACIER (MAKES 2.5GAL)
- GTD33673EA – GATORADE POWDER POUCH RIPTIDE (MAKES 2.5GAL)
- GTD03969EA – GATORADE POWDER POUCH LEMON LIME (MAKES 2.5GAL)
- GTD03970EA – GATORADE POWDER POUCH ORANGE (MAKES 2.5GAL)
- GTD33691EA – GATORADE POWDER POUCH FRUIT PUNCH (MAKES 2.5GAL)

**Sun/Cooldown Protection**

- CRX18204 – 4 OZ SUNSCREEN LOTION
- ERD12440 – SWEATBAND TERRY CLOTH FOR HARDHAT
- ERD6602 – COOLING TOWELS 13L X 29 1/2W

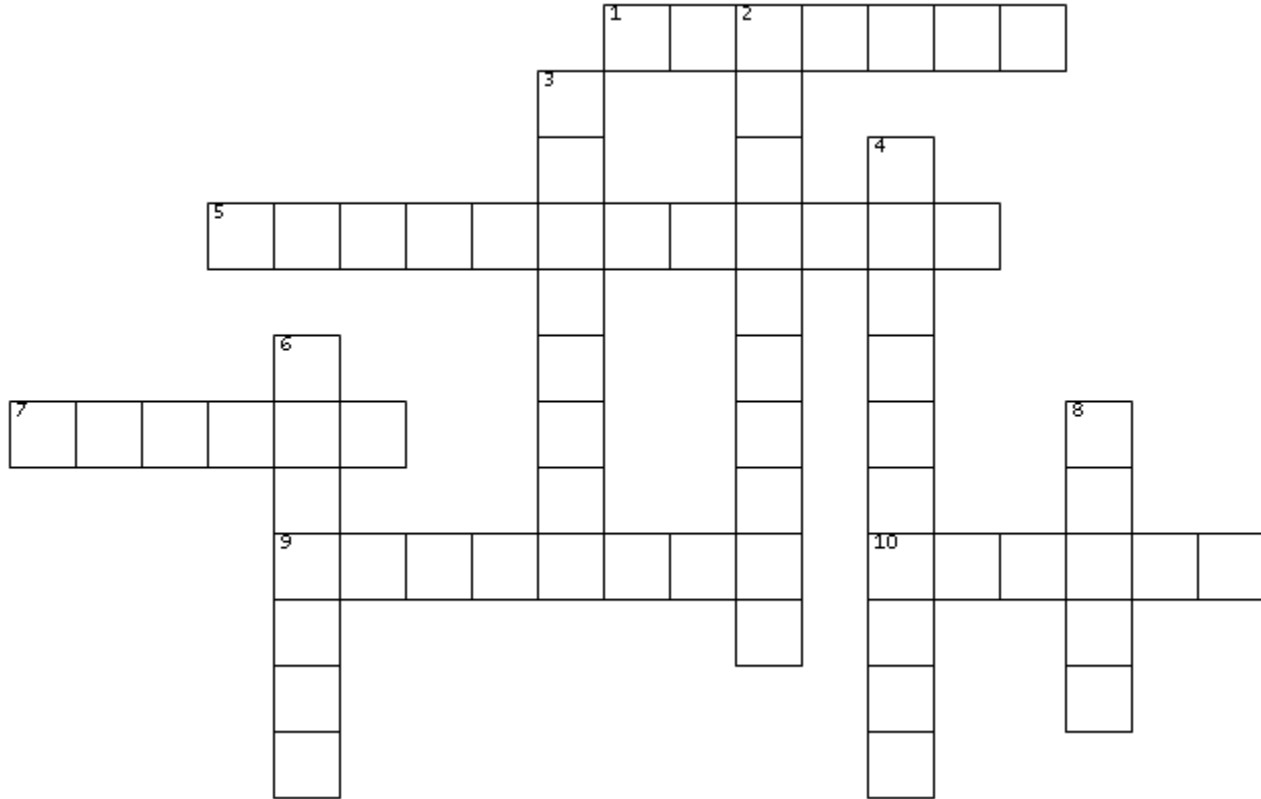
**Emergency Cool Down Equipment**

- HONSH430100K - INSTANT COLD PACK 9" X 5"

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# June 2021 Heat & Sun Safety



**ACROSS**

- 1. It is important to \_\_\_\_\_ before, during, and after working or exercising in a hot environment.
- 5. It takes about two weeks, with progressive exposure to heat to become \_\_\_\_\_.
- 7. There are several heat and sun safety items available through \_\_\_\_\_.
- 9. Sun \_\_\_\_\_, at any age, can cause skin cancer.
- 10. It is important to \_\_\_\_\_ and treat symptoms of heat illness early to prevent quick progression of the illness.

**DOWN**

- 2. Never give anyone with a \_\_\_\_\_ metal status anything to drink.
- 3. Headaches, dizziness, light-headedness, weakness, mood changes, irritability, confusion, feeling sick to your stomach, vomiting, fainting, decreased and dark-colored urine, and pale and/or clammy skin are all \_\_\_\_\_ of heat exhaustion.
- 4. \_\_\_\_\_ (two words) is the most serious heat illness, it is a true emergency.
- 6. (two words) The following are ways to decrease exposure to sun: \_\_\_\_\_, use sunblock, wear a hat, and wear UV protective sunglasses.
- 8. Never leave anyone \_\_\_\_\_ who is experiencing symptoms of heat related illness.

CREW #: \_\_\_\_\_

Employee Name: \_\_\_\_\_ Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

TCS/TCL Name: \_\_\_\_\_ TCS/TCL Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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