



June Safety

Heat Stress



Heat Related Illness

- Symptoms can occur when body temp exceeds 103°F
- A lack of perspiration in extreme heat may indicate a serious medical emergency (**Heat Stroke**). Watch for confusion and hot dry skin. Get medical attention!
- Muscle cramps or pain can occur if electrolytes deplete after profuse sweating/strenuous activity (**Heat Cramps**).
- Excessive loss of water & salt through sweating may cause headaches, nausea, dizziness, extreme thirst or low urine output (**Heat Exhaustion**).

Most at Risk

- Those who work in heat
- Infants & young children
- People 65 & older
- People who are ill
- People who are overweight

Stay Cool

- Stay in the shade
- Take breaks often
- Do outdoor activities during the coolest part of the day
- Stay Hydrated
- Know the symptoms

