



## Checklist

# Hot weather safety

In hot environments, your body maintains a normal temperature by sweating and blood flow to the skin.

Heat exhaustion or heat stroke can occur when your body can't transfer enough heat to keep you cool.

### Stay safe during extreme heat

Drink plenty of water before work and throughout the day; avoid alcohol, caffeine and sugary drinks

Eat light – the more calories you take in, the more body heat you produce

Wear lightweight, light-colored, loose-fitting clothing if safe for your job

Apply 15 SPF or higher sunscreen 30 minutes before going outdoors

If you have a chronic medical condition or take medication, ask your doctor about heat-related illness

Work shorter shifts to get accustomed to the higher temperature

Take frequent rest breaks in cool or shaded areas

### Heat exhaustion signs and symptoms

- Sweating; pale, ashen or moist skin
- Muscle cramps (especially if working outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Thirst, nausea or vomiting
- Rapid heart rate
- Mood changes or confusion

### Heat exhaustion treatment

- Stop working and move victim to a cool place
- Loosen or remove outer clothing
- Give the victim a carbohydrate-electrolyte drink, such as a sports drink
- Cool the victim with a cool water spray or wet cloths on the forehead and body
- **Get medical help if the victim is vomiting, if symptoms get worse or last longer than one hour.**

### Heat stroke signs and symptoms

- Sweating has stopped
- Hot, red, dry skin
- Rapid breathing
- Body temperature 103°F or higher
- Headache
- Dizziness
- Confusion or other signs of altered mental status
- Convulsions or loss of consciousness

### Heat stroke treatment

- Call on-site first responder and 9-1-1 immediately; heat stroke is a medical emergency
- Move victim to a cool place
- Immediately immerse the victim in a cold bath up to the neck; if not possible, place victim in a cold shower, or cover the body with cold, wet towels
- Do not give water or other drinks, salt tablets or pain relievers
- Do not apply rubbing alcohol to the skin
- Be ready to give CPR

**Watch for these symptoms in yourself and your co-workers. Let's keep each other safe in hot weather.**

