



North Carolina Wing Weekly Safety Blast



2018 - Topic #16 – Prevent Heat Related Illnesses

Reason for this Blast:

Every year, thousands of workers become sick from exposure to heat, and some even die. Heat illnesses and deaths are preventable.

Definitions:

- **Heat exhaustion** is a result of heat stress, water and electrolyte loss (most often via sweat), and less-than-adequate hydration. The patient has usually been exercising and sweating out water and salt, and now feels very tired. Skin may appear pale and sweaty or flushed, and the patient complains of a headache, perhaps nausea, and sometimes vomiting.
- **Heat stroke** occurs when a patient is producing core heat faster than it can be shed. The patient may be overexerting and/or seriously dehydrated, and the core temperature rises to 105 degrees Fahrenheit or more. Disorientation and bizarre personality changes are common signs. Skin turns hot and red, and sometimes (but far from always) dry. Look for a fast heart rate, fast breathing, and complaints of a headache. Once a human brain gets too hot, it is a true emergency, and only rapid cooling will save the patient.
This is a life threatening condition!

Safety Points:

- Wear loose fitting clothing.
- When symptoms occur, rest in shade/air conditioning.
- Report heat symptoms early.
- Drink water often.
- Seek Medical Attention if needed

MAIN DISCUSSION POINT OF THIS SAFETY BLAST

**Keep an eye on fellow members and be aware of your needs.
Together We Can Beat the Heat!**