



SAFETY MESSAGE

Your Personal Safety is our #1 priority

Heat Related Illnesses, Compiled By USDA-APHIS-CCEP

"High Temperature and Humidity, a dangerous pair"

Heat Stress.....Early Warning Signs

1. Thirst
2. Fatigue
3. Feeling of hot

Why: Loss of fluid and electrolytes...salts are lost thru sweating.

DRINK, DRINK, DRINK

If heat stress is ignored while performing strenuous exercise, then heat cramps may occur.

Cramping may occur in your legs or abdominal region.

Cramping is painful, but not serious.

Heat Exhaustion..... warning signs

May not Be Life Threatening, requires immediate attention.

1. Dizziness
2. Headache
3. Rapid heartbeat
4. Irritability
5. Dulls your concentration, leads to accidents.

Why: Blood pressure drops and circulation decreases. More fluid and salts are lost thru sweating.

DRINK, DRINK, DRINK

Heat Stroke

Need immediate medical attention-often results in death.

The person is unable to manage his or her heat load and the body fails to cool itself. Your core body temp goes to 106 degrees in 10 min. The brain begins to cook.

1. The skin is hot but dry
2. Victim may be unconscious, delirious or may have seizures.

NOSHA recommends:

- A. Cool and shaded place to rest, approx. 80 degrees.
- B. Drink 5 to 7 ounces of water every 15-20 minutes.
- C. During exercise, pace yourself.