

## *What to Do:*

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim:

Get to a shady area. Cool the victim rapidly using whatever methods you can. Immerse the victim in a tub of cool water; place in a cool shower; spray with cool water from a garden hose; sponge with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously. Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102 degrees Fahrenheit. If emergency medical personnel are delayed, call the hospital emergency room for further instructions.

Do not give the victim alcohol to drink.

Get medical assistance as soon as possible.

**Heat exhaustion** is the body's response to an excessive loss of the water and salt contained in sweat.

**Warning signs of heat exhaustion include:** heavy sweating, paleness, muscle cramps, tiredness, weakness dizziness, headache, nausea or vomiting.

## *Fainting*

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat

exhaustion is untreated it may progress to heat stroke. Seek medical attention immediately if symptoms are severe. Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.



## *What to Do*

Cooling measures that may be effective include drinking cool, non-alcoholic beverages, rest, cool shower, bath, or sponge bath, an air-conditioned environment, wear lightweight, light colored clothing.

*The information provided in this brochure are guidelines and are not intended to be a substitute or supercede sound medical advice from you physician or professional healthcare provider.*

*This is an Equal Opportunity Program*

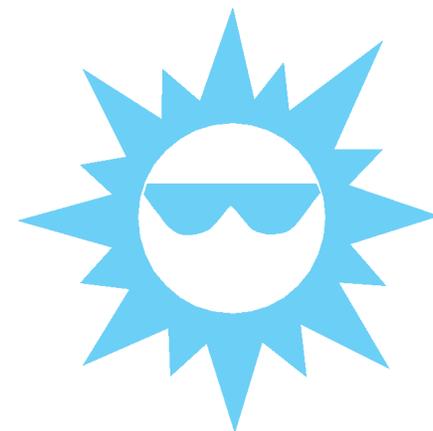


**MAYS MISSION  
FOR THE HANDICAPPED, INC.**

604 Colonial Drive \* Heber Springs, Arkansas 72545  
(501) 362-7526 \* 1-888-503-7955  
[www.maysmission.org](http://www.maysmission.org)

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# HEAT WAVE



# HEAT PROTECTION SAFETY

*Produced by employees with disabilities at Mays Mission*

Summer heat waves bring unusually high temperatures that may last for days or weeks. In the summer of 1980, a severe heat wave hit the U. S. Nearly 1,700 people lost their lives from heat-related illness. Each year, high temperatures put people at risk.

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use.

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important.



## *Drink Plenty of Fluids*

During heavy exercise in a hot environment, drink 2-4 glasses (16-32 ounces) of cool fluids each hour.

During hot weather, you will need to drink more liquid than your thirst indicates. This is especially true for people over 65 years of age. Avoid very cold beverages because they can cause stomach cramps. Also avoid drinks containing alcohol. They will actually cause you to lose more fluid.

## *Replace Salt and Minerals*

Heavy sweating removes salt and minerals from the body. Drink fruit juice or a sports beverage during exercise or any work in the heat.

## *Wear Appropriate Clothing*

Choose lightweight, light-colored, loose-fitting clothing. A wide-brimmed hat will provide shade and keep the head cool.

## *Stay Cool Indoors*

The most efficient way to beat the heat is to stay in an air-conditioned area. If you do not have an air conditioner, consider a visit to a shopping mall or public library for a few hours. Contact your local health department to see if there are any heat-relief shelters in your area.

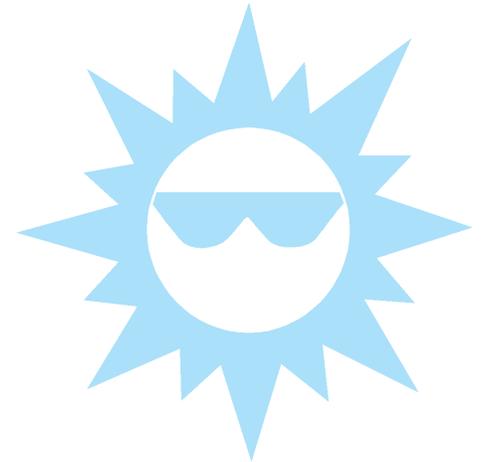
Those at greatest risk of heat-related illness include:

Infants and children up to four years of age are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.

People 65 years of age or older may not compensate for heat stress efficiently, and are less likely to sense and respond to changes in temperature.

Overweight people may be prone to heat sickness because of their tendency to retain more body heat. Any health condition that causes dehydration makes the body more susceptible to heat sickness.

**Heat stroke** occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating



mechanism fails, and the body is unable to cool down. Body temperature may rise to 106 degrees Fahrenheit or higher within 10-15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Warning signs of heat stroke vary but may include: an extremely high body temperature (above 103 degrees Fahrenheit, orally), red, hot, and dry skin (no sweating), rapid, strong pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.