# Heat can harm you!




When your body is unable to cool itself fast enough through sweating, ***serious heat illnesses*** may occur. Learn the symptoms of heat stress and how to control this illness process.



- The harder you work, the faster you build body heat.
- Releasing heat by sweating is slower when the air is hot, humid, or very still.
- Heat stress often affects people before they notice it.

**Reducing heat build-up**.

You can reduce your heat stress by working at a slower pace or less often and staying out of the sun and away from other sources of heat.

- Resting or working slower allows your body to cool while not adding as much heat.
- Taking breaks and working in shade, when possible, keeps sun rays from making you hotter.
- A breeze helps carry the heat away from your body. Cotton is best in helping evaporate sweat.
- Blocking rays with a hat and light clothing reduces the heat you absorb.

**Sweating releases heat**.

You get rid of heat fast by sweat evaporation. Sweat uses water from your bloodstream, which not only provides sweat but also carries nutrients and oxygen through the body. Drinking water maintains a safe blood fluid level.

- You may need to drink one quart or more per hour to replace sweat lost when working hard on a hot day.
- Taking small amounts of fluid frequently is better than larger drinks less often.
- Bodies adjust to work in hot weather by sweating faster after a few days. You will need to take it slowly while you "acclimatize".
- Drinks with alcohol or coffee do not help control heat because they cause water loss without sweating.



**Responding to symptoms**.

Early signs of too much heat or too little blood include loss of strength, stamina, and concentration. They may advance to cramps, nausea, headache, fainting, and even stroke – a medical emergency.

Symptoms get worse if their cause remains. Heat stroke is an immediate threat to life because the body stops sweating.

If you feel signs of heat illness or notice them in someone else, begin efforts to cool and notify your supervisor, field leader or other assistance.

For more information, here are two helpful links:

Supervisors Heat Illness Checklist--
http://www.calstatela.edu/sites/default/files/users/u29541/supervisors_heat_illness_checklist.pdf

Heat Illness Prevention Plan (Appendix 8.5)—
http://www.calstatela.edu/sites/default/files/users/u29541/iipp_may_2015.pdf