

Safety Tips

Heat Illness

Heat-related illnesses aren't just a summer hazard. People exercise in steamy gyms, wearing heavy clothes in order to sweat more. Sailors work in hot shipboard workspaces.

1. Know how to recognize the three most common types of heat-related illness: heat stroke, heat exhaustion, and heat cramps.
2. Heat strokes are the most severe, and can be fatal. Symptoms include a temperature to as high as 105 degrees; hot, red, and dry skin; a rapid, weak pulse; and rapid, shallow breathing.
3. As first aid for a heat stroke, call 9-1-1 immediately. Wrap damp sheets around the victim and start fanning them. Wrap cold packs in a cloth and place them on the victim's wrists and ankles, in the armpits and on the neck.
4. Victims of heat exhaustion will have a normal temperature, but will have other symptoms: cool, moist, pale skin; heavy sweating; headache, nausea or vomiting and dizziness.
5. Heat cramps are muscular pains and spasms that result from intense exertion. Cramps most often attack the abdomen and legs.
6. To avoid heat illnesses:
 - Wear lightweight, light-colored clothing,
 - Drinking plenty of water,
 - Take regular breaks,
 - Eating small meals.