

**REDUCE SUN
EXPOSURE!**

SUMMER HEAT

Heat Stroke occurs when the body's temperature regulation fails and body temperature rises to unsafe levels. Symptoms of heat stroke include confusion, irrational behavior, loss of consciousness, convulsions, lack of sweating (usually), hot, dry skin.

Heat Exhaustion is generally the product of excessive heat combined with dehydration. Symptoms of heat exhaustion include headache, nausea, dizziness, weakness, thirst, tiredness. Additionally, it may involve fainting or heat collapse.

Heat Cramps usually results from hard physical labor in a hot environment.

Heat Rashes are a predominant problem in hot working environments where the skin stays moist by "un-evaporated" sweat. The symptoms of heat rashes are red cluster of pimples or small blisters with an abnormally high body temperature. The rash is more likely to occur on the neck, upper chest, groin, under the breasts and in elbow creases.

**FACT: The direct heat of the sun can add as much as 15 degrees to the heat index.
(OSHA-HEAT ADVISORY) (Information provided by CDC, NIOSH: Heat Stress)**



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**Reschedule
physical
exertion
to cooler
time of day!**



**REMAIN
HYDRATED!**