



Managing Your Risk

playing it safe

Safety and health tips for your work, home, and life—brought to you by the insurance and risk control specialists at USI.

Beating the Summer Heat

Tips for staying cool when summer heats up

Summer heat can be more than uncomfortable; it can be DEADLY. Every year thousands of workers become sick or worse from heat exposure. Heat illness is preventable. Let's explore the causes and how to prevent heat-related illness.

Heat-Related Illness

The body normally cools itself by sweating. However, during hot weather, especially with high humidity, sweating isn't enough. Heat illness occurs when a person is not capable of maintaining normal body temperature. A combination of factors can contribute to this condition: poor hydration, heat load from the temperature, and high relative humidity. It generally develops when a person is playing, working, or exercising outside in extreme heat.

Symptoms vary in intensity but can include:

- Dizziness, weakness, nausea, headache, and possibly vomiting
- Blurry vision
- Body temperature rising between 100 to 104.9°F
- Sweaty skin
- Feeling hot and thirsty
- Difficulty speaking

A person suffering from heat exhaustion must move to a cool place and drink plenty of water.

Heat Stroke

Heat stroke is the result of untreated heat exhaustion.

Symptoms include:

- Cessation of sweating
- Body temperature rising rapidly to above 104.9°F
- Confusion or delirium
- Loss of consciousness, seizure, or death may result

Call 911 or seek medical professionals. Keep the person cool until help arrives. Place a cold compress on the neck, armpits and groin (where blood vessels run close to the skin). If the person is awake and able to swallow, administer fluids.

Heat illnesses can range from heat rash to heat stroke. Heat stroke requires **immediate medical attention** and can result in **death**.

Tips for Staying Cool

- *Drink plenty of water.* The average adult needs eight 8-ounce glasses of water a day, and even more during the summer or during outdoor activity.
- *Dress for the weather.* When outside, wear lightweight clothing of natural fabric and a well-ventilated hat.
- *Stay inside whenever possible.* Run errands and do outside chores in the morning or late in the day.
- *Eat light.* Replace heavy or hot meals with light refreshing foods (e.g. fruit) that have a high water content.
- *Think cool!* Apply a cold compress on your pulse points. Or, visit an air-conditioned mall or movie theater.

When the mercury rises... **H.E.A.T**

Hydrate

Educate yourself

Act quickly if you or someone else begins to show signs of heat-related illness

Take it easy

Drink water before, during, and after outdoor activity. Thirst is a poor indicator of your body's need for fluid. Sports drinks can help replace salts.