



Neighborhood Chatter

"sharing news neighbors can use"

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Heat Safety Tips

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Adult Heat Wave Safety Tips

- **Slow down.** Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- **Dress for summer.** Lightweight light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- **Put less fuel on your inner fires.** Foods (like proteins) that increase metabolic heat production also increase water loss.
- **Drink plenty of water or other non-alcoholic fluids.** Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who (1) have epilepsy or heart, kidney, or liver disease, (2) are on fluid restrictive diets or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids. Do not drink alcoholic beverages.
- **Spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air conditioned environment affords some protection.
- **Don't get too much sun.** Sunburn makes the job of heat dissipation that much more difficult.
- **Do not take salt tablets unless specified by a physician.**

First Aid: Get victim out of sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

Know These Heat Disorder Symptoms

- **Sunburn:** Redness and pain. In severe cases swelling of skin, blisters, fever, headaches.
- **First Aid:** Ointments for mild cases, if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious extensive cases should be seen by physician.
- **Heat Cramps:** Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating.
- **First Aid:** Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.
- **Heat Exhaustion:** Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.
- **Heat Stroke (or sunstroke):** High body temperature (106° F or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.

First Aid: Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake. **HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY PERSONNEL IMMEDIATELY.**