

ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: *HEAT: KEEP YOUR FAMILY SAFE IN THE SUMMER*

Along with the hot days of summer come summer outdoor activities. Exposure to heat can cause illness and death. There are precautions you should take any time temperatures are high and you'll be doing outside activities.

Risk Factors for Heat Illness

- Low liquid intake; previous heat illnesses.
- Heavy physical labor/activity.
- Not acclimated to the heat.
- High temperature and humidity, direct sun exposure, no breeze or wind.

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting.
- Weakness and wet skin.
- Irritability or confusion.
- Thirst, nausea, or vomiting.

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures.
- May stop sweating.

To Prevent Heat Illness, You Should

- Wear lightweight, light-colored, loose-fitting clothing and wide-brimmed hat.
- Use a sunscreen with an SPF of 30 or more.
- Avoid fluids containing either caffeine or alcohol.
- Drink fluids. To prevent dehydration, drink plenty of water. It is recommended that you drink about half your weight in ounces of water each day.

How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes.
- Be aware that poor physical condition, some health problems (such as high blood pressure or diabetes), pregnancy, colds and flu, and some medications can increase your personal risk. If you are under treatment, ask your healthcare provider.
- Do not leave children unattended in a vehicle.

What to Do When a Someone is Ill from the Heat

- Call for help. Call 9-1-1
- Have someone stay with the person until help arrives.
- Move the person to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the person with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

Heat Stress Prevention for Pets

- Never leave your pet inside a parked car.
- Make sure your pet doesn't stay outside too long.
- Avoid walking your pet during peak temperature hours.
- Keep your house cool
- Make sure your pet has enough water.
- Call your vet as soon as possible if you suspect your pet may be suffering from heat exhaustion.

Kids, Sports and Outdoor Play

Before you send the kids out in the summer heat, learn to protect your child against the dangers of dehydration and heat illness.

- Make sure they drink cool water early and often.
- Send your child out to practice or play fully hydrated.
- During play, make sure your child takes regular breaks to drink fluid, even if your child isn't thirsty. A good size drink for a child, according to the American Academy of Pediatrics, is 5 ounces of cold tap water for a child weighing 88 pounds, and nine ounces for a teen weighing 132 pounds. One ounce is about two kid-size gulps.

Provided by the ASA – Houston Chapter Safety Committee

P.O. Box 924943 • Houston, Texas 77292 • ☎ 281.679.1877 • F 281.403.6302 • asahouston.org • asa@asahouston.org

