



## SUMMER SAFETY **EXTREME HEAT**

Summer means sunshine, cookouts, baseball games, and endless outdoor fun—but it also means rising temperatures that can pose serious health risks. Heat-related illnesses can come on quickly and without warning. Understanding how to prevent them, recognize the signs, and respond appropriately isn't just helpful—it can be life-saving. Stay cool, stay hydrated, and stay informed to enjoy a safe and healthy summer season.



OFFICE OF WORKERS' COMPENSATION

Working in hot environments—especially while physically active—can put serious strain on the body. If the body can't cool itself through sweating and blood flow fast enough, internal temperature rises and heat illness can occur. Recognizing the symptoms and knowing how to respond can prevent serious injury or even save a life.

- **Heat Cramps: Muscle pain in the legs or abdomen**
  - Move to a cool place and rest
  - Drink fluids with electrolytes or water
- **Heat Exhaustion: Pale, cool, moist skin; nausea; dizziness; weakness**
  - Get to a cooler area
  - Loosen clothing and apply cool, wet cloths
  - Sip fluids slowly (4 oz every 15 minutes)
  - Call 911 if symptoms worsen, vomiting occurs, or person refuses water
- **Heat Stroke: Life-threatening! Red skin, confusion, vomiting, rapid pulse, possible seizures**
  - Call 911 immediately
  - Apply ice packs or wet towels to neck, armpits, and groin
  - Mist with cool water while waiting for help

**Stay alert, stay hydrated, and stay safe in the heat.**

**Remember to rehydrate after your work is done, even if you hydrate throughout the day; especially if you work in the heat on a regular basis.**