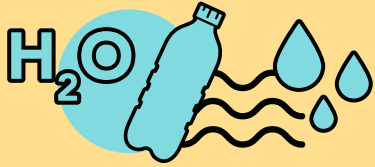
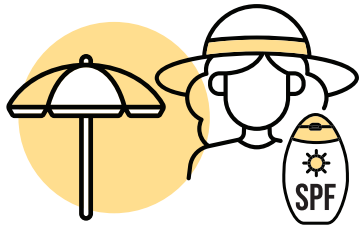


HEAT SAFETY

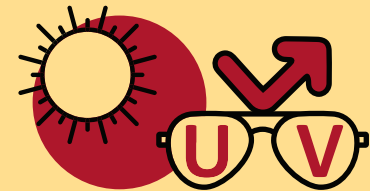
Anyone can be at risk for a heat-related illness. Moderating your exposure to heat goes beyond reapplying sunscreen and covering up. You will need to take extra steps to avoid being outside for long periods of time in the sun and heat, especially during the peak hours of the strongest ultraviolet rays, between 10 a.m. and 4 p.m. These summer safety tips can keep you safe and out of the emergency room:



STAY HYDRATED: Be sure to drink enough liquids throughout the day because our bodies can lose a lot of water through perspiration when it gets hot out.



PROTECT YOUR SKIN: Use sunscreen 30 minutes before going out. Reapply sunscreen every two hours or after swimming or sweating. Limit sun exposure during the peak intensity hours (between 10 a.m. and 4 p.m.). Stay in the shade whenever possible.



PROTECT YOUR EYES: The sun's UV light can harm the eyes. Wear sunglasses year-round whenever you are out in the sun. Sun damage to the eyes can occur any time of year. Choose shades that block 99% to 100% of both UVA and UVB light.



DRESS FOR SUMMER: Wear lightweight, loose-fitting, light-colored clothing to reflect heat.

HEAT EXHAUSTION

FAINT OR DIZZY FEELING

EXCESSIVE SWEATING

COOL, PALE, CLAMMY SKIN

NAUSEA OR VOMITING

RAPID, WEAK PULSE

MUSCLE CRAMPS



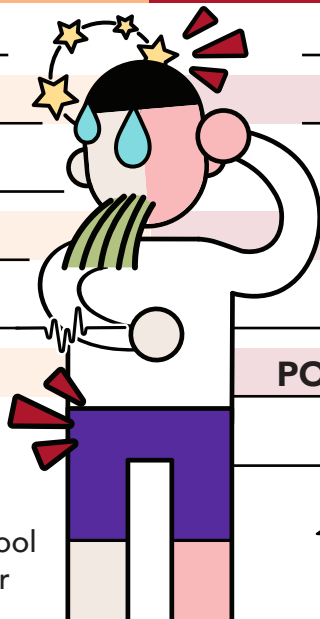
Get to an air-conditioned room



If conscious, drink water



Take a cool shower



HEATSTROKE

THROBBING HEADACHE

NO SWEATING

RED, HOT, DRY SKIN

NAUSEA OR VOMITING

RAPID, STRONG PULSE

POSSIBLE LOSS OF CONSCIOUSNESS

BODY TEMPERATURE OVER 103°F



Take immediate action to cool the person until help arrives

STEPHEN F. AUSTIN STATE UNIVERSITY

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