

Heat Illness

As temperatures climb, it is increasingly important to understand and recognize the signs of heat illness, which occurs when a person's body temperature rises to an unsafe level. While potentially fatal, there are steps you can take to lessen the risks.

Signs of Heat Illness

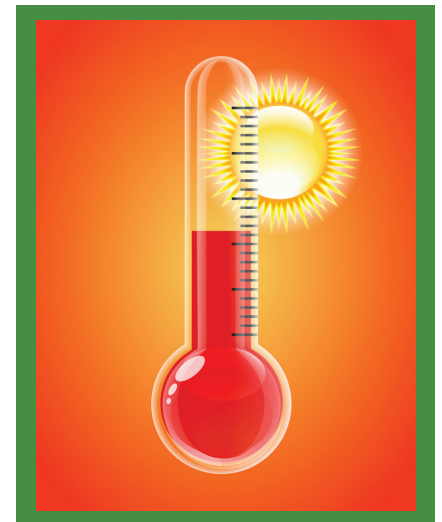
Two of the more serious forms of heat illness are heat exhaustion and heat stroke.

Some signs of heat exhaustion are:

- Moist, clammy skin with heavy sweating
- Dizziness, headache, fainting, nausea, and/or vomiting
- Fast, weak pulse and fast, shallow breathing

Some signs of heat stroke are:

- Dry, hot skin with no sweating, and very high body temperature (103 degrees or higher)
- Throbbing headache, confusion, dizziness, nausea, and/or loss of consciousness
- Rapid, strong pulse



If someone displays the above symptoms, cool them down as quickly as you can by using cool water, cold compresses, etc. If symptoms persist, call 911.

Ways to Prevent Heat Illness

- Provide shade and cool drinking water at all times, and encourage frequent drinking.
- Limit the consumption of caffeine, as this can lead to dehydration
- Consider holding lunch and recess breaks indoors when temperatures reach extremes.
- Take breaks during athletic activities to allow participants to cool down.

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