



Heat Illness

Know the symptoms



Why Heat Illness Training is so important

- Heat illness training is vital for school staff to protect vulnerable students and prevent severe workplace injuries. Because schools have diverse environments—from outdoor playgrounds and athletic fields to un-airconditioned gymnasiums—trained staff ensure safety by recognizing early symptoms, preventing medical emergencies, and complying with state and federal workplace

The Symptoms

Heat Rash / Cramps

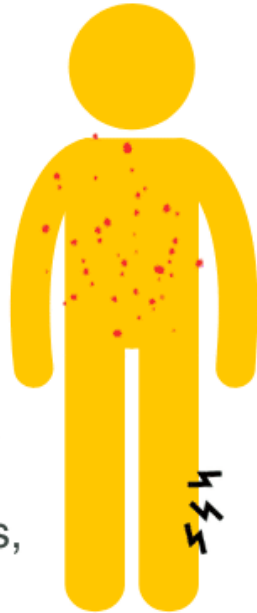
Rash:

red bumps on skin

Cramps:

muscle spasms

pain (legs, arms, abdomen)



take a break + hydrate

Heat Exhaustion

cool, moist skin

sweating

thirst

fast heartbeat

nausea; vomiting

dizziness



stop working + hydrate + cool down with ice packs

Heat Stroke

confusion

fainting

seizures

sweating

red, hot skin

high body temp



Call 911 immediately + provide first aid



Understanding The Symptoms

Heat rash and heat cramps are common, mild responses to overheating. Heat rash happens when trapped sweat causes itchy bumps on the skin.

Heat cramps are painful muscle spasms caused by a loss of fluids and salts from heavy sweating.

Both can be managed with rest and cooling.

Hyperthermia

- Hyperthermia is an abnormally high body temperature that occurs when the body's heat-regulating system fails to cope with excessive heat. It happens when the body absorbs or produces more heat than it can dissipate, pushing core temperatures dangerously beyond the normal range.
- While heat rash and cramps are usually mild, ignoring them can lead to more severe conditions like heat exhaustion or a life-threatening heat stroke.
- If cramps last longer than an hour, or if you experience a high body temperature, confusion, or stop sweating, seek emergency medical attention immediately.



Recognizing Dehydration and Heat Illness

- Dehydration can quickly progress to dangerous conditions like heat exhaustion or heatstroke. If you experience dry mouth, dizziness, fatigue, muscle cramps, or confusion, stop activity immediately.
 - Drink before feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. Dehydration is a primary contributor to heat exhaustion
 - When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
 - This translates to $\frac{3}{4}$ –1 quart (24–32 ounces) per hour
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Hydrate After Work

- Most people need several hours to drink enough fluids to replace what they have lost through sweat.
- The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat regularly.
- Chronic dehydration increases the risk for several medical conditions, such as kidney stones.

Conclusion

- Understanding the importance of Hydration and Heat Illness may save the life of someone you know. It is important to familiarize yourself with the symptoms to ensure the safety of those around you. According to the CDC, 1200 to 2300 heat-related injuries and deaths are claimed annually. Extreme heat illnesses spike during summer. Be ready to act fast and know the symptoms.

