



# **Hot Weather Safety**

## **Staying Safe in the Heat**

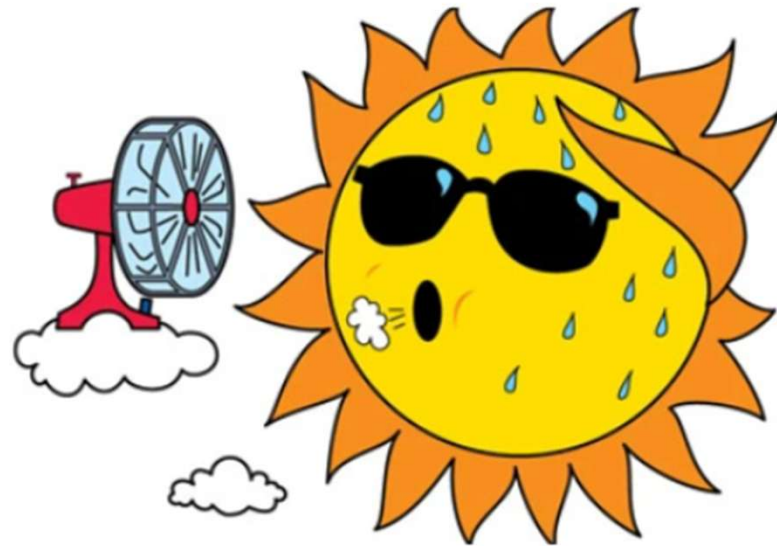
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# ***Understanding the Risks***

- Heat exhaustion
- Heat stroke
- Dehydration
- Sunburn





# ***Heat exhaustion***

- Heavy sweating
- Weakness or fatigue
- Dizziness or fainting
- Headache
- Nausea or vomiting
- Muscle cramps
- Cool, moist skin with goosebumps in the heat
- Rapid pulse
- Dark urine, indicating dehydration

**It's essential to take steps to cool down and rehydrate. Move to a cooler environment, drink water, and rest. If symptoms worsen or do not improve, seek medical attention immediately, as heat exhaustion can progress to heat stroke, a life-threatening condition.**



# ***Heat Stroke***

- Heat stroke is a severe heat-related illness that requires immediate medical attention. It occurs when the body's temperature regulation fails, and the body's core temperature rises to dangerous levels, usually above 104°F (40°C).
  - High body temperature
  - Altered mental state or behavior
  - Alteration in sweating
  - Nausea and vomiting
  - Flushed skin
  - Rapid breathing
  - Racing heart rate

**Heat stroke is a medical emergency. If you suspect someone has heat stroke, call 911 or your local emergency number immediately. Try to cool the person down while waiting.**



## ***Moderate Dehydration***

- Dehydration occurs when your body loses more fluids than it takes in, leading to insufficient water to carry out normal functions.
  - Dry mouth and throat
  - Increased thirst
  - Reduced urine output and darker-colored urine
  - Dry, cool skin
  - Headache
  - Muscle cramps
  - Dizziness or lightheadedness
  - Fatigue or feeling tired
  - Constipation
  - Decreased skin elasticity



# ***Severe Dehydration***

- Extreme thirst
- Very dry mouth, skin, and mucous membranes
- Lack of sweating
- Little or no urination – urine that is dark yellow or amber
- Sunken eyes
- Shriveled and dry skin that lacks elasticity
- Low blood pressure
- Rapid heartbeat and breathing
- Fever
- Delirium or confusion
- Unconsciousness

**Severe dehydration is a medical emergency and requires immediate medical attention. If you suspect severe dehydration, especially in vulnerable populations like children, the elderly, or those with chronic illnesses, seek medical help immediately.**



# *Sunburn*

Sunburn is skin damage caused by exposure to ultraviolet (UV) rays from the sun or artificial sources like tanning beds. Symptoms of sunburn can vary in severity depending on the level of exposure.

## **When to Seek Medical Attention:**

- Severe blistering
- Fever or chills
- Nausea or vomiting
- Confusion
- Signs of infection (e.g., increased pain, swelling, or pus in blisters)
- These symptoms may indicate a more severe burn or an infection requiring medical treatment.



# ***Stay Hydrated***

- **Drink plenty of water throughout the day**
- **Avoid alcohol and caffeine**
- **Eat hydrating foods like fruits and vegetables**





# ***Clothing and Protection***

- **Light-colored, loose-fitting clothes**
- **Wide-brimmed hats and sunglasses**
- **Use sunscreen with SPF 30 or higher**





## ***Recognize Heat-Related Illness Symptoms***

- **Dizziness, headache, nausea**
- **Excessive sweating or no sweating**
- **Rapid pulse, muscle cramps**





# ***First Aid for Heat Illness***

- **Move to a cool place**
- **Drink water slowly**
- **Apply cool, wet cloths to the skin**
- **Seek medical attention if symptoms worsen**





# ***Special Considerations***

- **Check on elderly and vulnerable individuals**
- **Never leave children or pets in a parked car**
- **Plan outdoor activities during cooler parts of the day**





# ***Stay Safe and Enjoy the Summer***

- **Plan ahead and be prepared**
- **Stay informed about weather forecasts**
- **Practice common sense and listen to your body**





# Check the Heat index and stay safe this summer

## Heat Index 130° or Higher

Heat Stroke or Sun Stroke imminent

## Heat Index 105°-129°

Sun Stroke, heat cramps and heat exhaustion likely. Heat stroke possible with prolonged exposure and physical activity

## Heat Index 90°-100°

Sun Stroke, heat cramps and heat exhaustion are possible with prolonged exposure and physical activity.

### How To Use Heat Index

1. Across top (Air Temperature) locate today's predicted high temperature.
2. Down left side (Relative Humidity) locate today's predicted humidity.
3. Follow across and down to find "Apparent Temperature" or "What it feels like"

Heat Index Values were devised for shady, light wind conditions. Exposure to full sun can increase values by up to 15°. Strong winds, particularly with hot, dry air can be extremely hazardous.

Source: Centers for Disease Control and Prevention.

Air Temp.	70°	75°	80°	85°	90°	95°	100°	105°	110°
Relative Humidity	Apparent Temperature (Degrees Fahrenheit) →								
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°
40%	68°	74°	79°	86°	93°	101°	110°	122°	137°
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°
60%	70°	76°	82°	90°	100°	114°	132°	149°	
70%	70°	77°	85°	93°	106°	124°	144°		
80%	71°	78°	86°	97°	113°	136°	157°		
90%	71°	79°	88°	102°	122°	150°	170°		
100%	72°	80°	91°	108°	133°	166°			





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