

## **HELPFUL HINTS**

### **HEAT RELATED PROBLEMS**

When the body becomes overheated, a condition of heat stress exists. Heat stress can lead to a number of problems, including heat exhaustion, heat stroke, heat cramps, fainting, or heat rash. Many people confuse these disorders, but it is important to be able to recognize each one and know what to do when it happens. Each of these heat stress disorders is described below.

#### ***Heat exhaustion***

Although not the most serious health problem, heat exhaustion is the most common heat-related ailment at Princeton University. Heat exhaustion happens when a worker sweats a lot and does not drink enough fluids or take in enough salt or both. The simple way to describe the worker is wet, white and weak.

#### **Signs and symptoms**

Sweaty  
Weak or tired, possibly giddy  
Nausea  
Normal or slightly higher body temperature  
Pale, clammy skin (sometimes flushed)

#### **What to do**

Rest in a cool place

Drink an electrolyte solution, such as Gatorade or another sports drink. Avoid caffeinated beverages such as colas, iced tea, alcohol or coffee.

In severe cases involving vomiting or fainting, call 911 or whatever the emergency number is in your area.

#### **Heat stroke**

Heat stroke is the most serious health problem for people working in the heat, but is not very common. It is caused by the failure of the body to regulate its core temperature. Sweating stops and the body can not get rid of excess heat. Victims will die unless they receive proper treatment promptly.

#### **Signs and symptoms**

Mental confusion, delirium, fainting, or seizures  
Body temperature of 106°F or higher  
Hot, dry skin, usually red or bluish color

#### **What to do:**

Call 9-1-1 immediately and request an ambulance

Move victim to a cool area

Soak the victim with cool water

Fan the victim vigorously to increase cooling

Remember when working or playing; drink plenty of liquids, take frequent breaks, avoid alcohol and be aware of those around you. Use lots of sunscreen and reapply regularly.

Watch children as they do not know when to slow down and can be affected quickly. Be aware of the elderly and those taking medications that are affected by sunlight and heat.

**HAVE A SAFE – FUN FILLED SUMMER**