

Heat Stress

The heat is on.....

So Be Careful!

Norfolk State University
Facilities Safety and Risk
Management

Ground Rules

- Bathrooms are located,...
 - Please raise hand if you have a questions
-
- Please silence all cell phones.
Please leave the room if you must take or place a call.
 - Relax and enjoy!!!!

Training Video

- <https://www.youtube.com/watch?v=D5dGCuRdtSstps> 2.50 min
- <https://www.youtube.com/watch?v=zKDC1DPfVlc> 5.23min



FACTS



Although heat-related illness and death are readily preventable, exposure to extremely high temperatures caused an annual average of 381 deaths in the US during 1979-96.

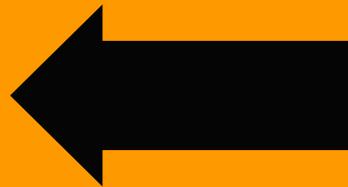


More Facts

If muscles are being used for physical labor, less blood is available to flow to the skin and release heat.



If body can't dispose of excess heat, it will store it. When this happens the body's core temperature rises and the heart rate increases.





Facts Cont.

Don't use the feeling of thirst as an indicator that you need water.

Individuals vary in their tolerance to heat stress conditions

You can deplete as much as 30% of your body's water before you feel thirsty. Drink plenty of water before, during and after time spent in the heat.





Heat Exhaustion



Occurs when the heart and vascular system do not respond properly to high temperatures, and the mechanisms our body uses to cool itself fails

Dizziness
nausea, muscle,
cramps

Symptoms include
cool, clammy, pale
skin;

Sweating, dry
mouth, fatigue,
weakness



What to do?

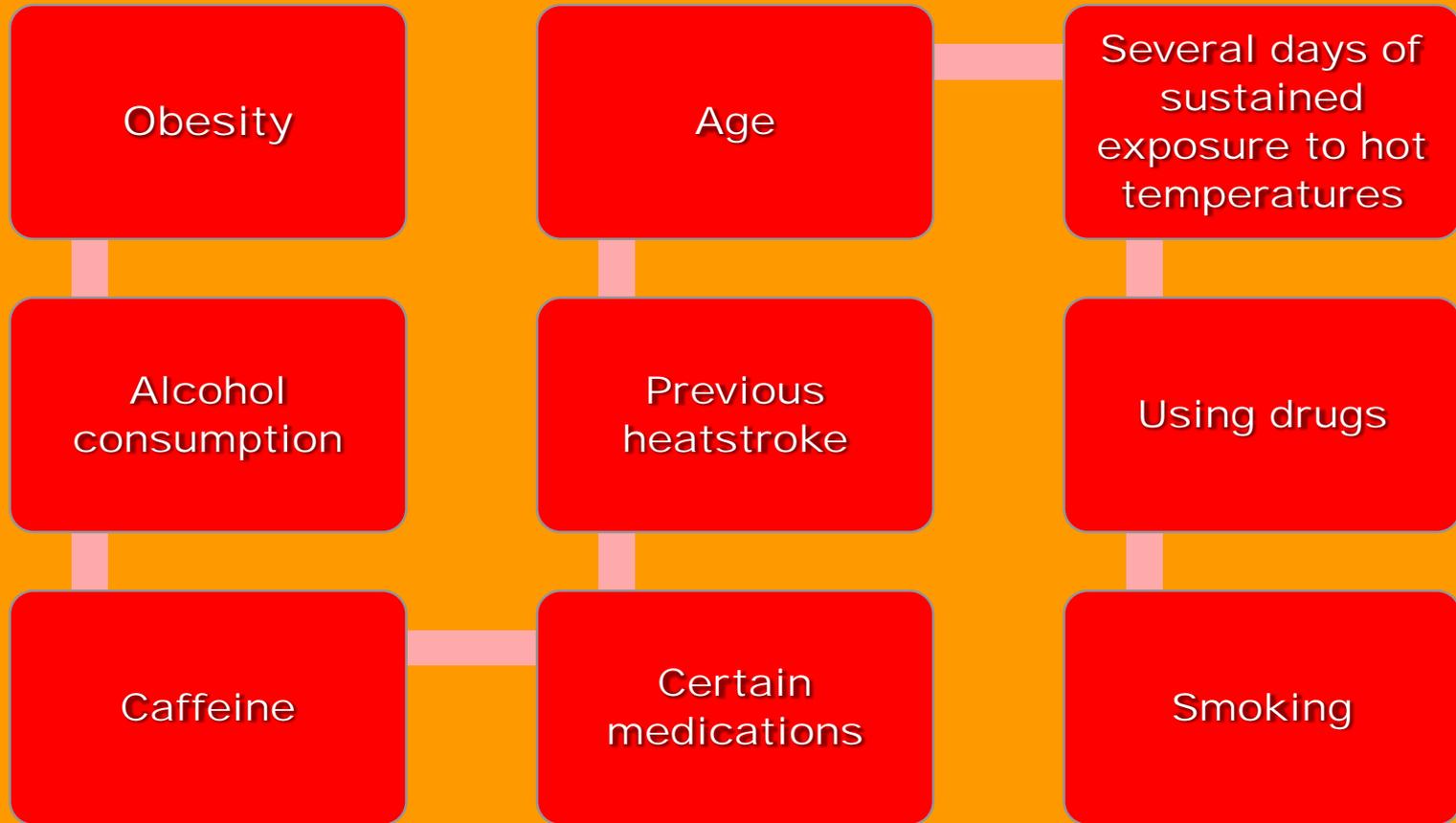
If you suspect that someone is suffering from heat exhaustion:

- get them to a cool spot
- lay the person down
- elevate the feet
- loosen clothing
- give cool (not iced) water





Contributing Factors





Heat Syncope



Usually occurs
in individuals
standing erect
and immobile in
the heat.



The person
recovers
rapidly after
lying down



Heat Cramps

Painful muscle cramps/spasms in person sweating profusely

It occurs when large volumes of water are consumed without adequate salt replacement.

Usually resolves after an electrolyte beverage.





Heat stroke

This is the most severe form of heat-related illness.

Heat Stroke IS A MEDICAL EMERGENCY

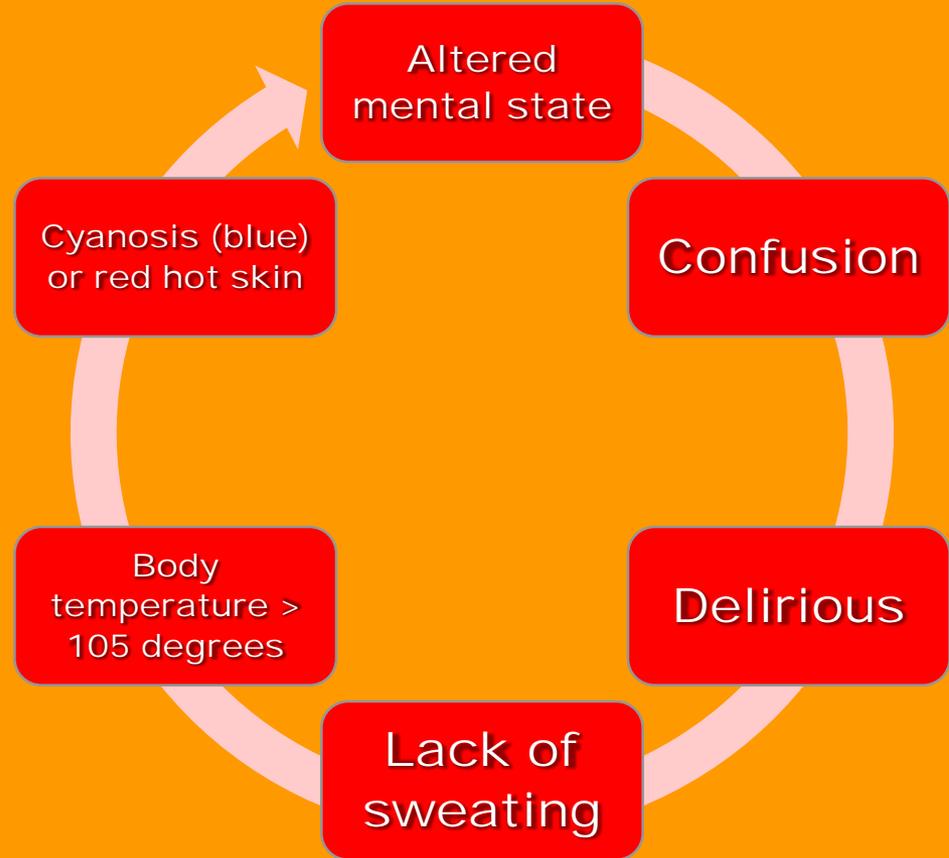
It is often fatal

It is preventable





Symptoms of Heat Stroke





Treatment

- **CALL 911 IMMEDIATELY!**
- **Cool body - pour cool water over person**
- **Place ice pack behind neck - under arms**





Prevention

- Spending time in air-conditioned environments
- Increase nonalcoholic
- Non-caffeinated fluid intake
- Monitor urine output





Prevention Cont.



- Persons working either indoors or outdoors in high temperatures should take special precautions including allowing 10 -14 days to acclimate to high temperatures
- Salt tablets are not recommended and may be hazardous to many people



DO NOT

- Underestimate the seriousness of heat illness
- Give the victim medications to reduce fever
- Give the victim liquids that contain alcohol or caffeine
- Give anything by mouth if **HEAT STROKE** is suspected





THANK YOU, For Your Attention!

*We Wish You Success in Your
Career Here At
Norfolk State University*

*“BEHOLD THE **GREEN** AND
GOLD!!!”*