



Safety Bulletin

Heat Safety Checklist

Prevent problems:

- Wear lightweight, light-colored, loose clothing.
- Cover as much of your body as possible.
- Wear a broad-brimmed hat in the sun.
- Wear sunscreen in the sun.
- Eat regular, well-balanced meals.
- Avoid hot or heavy food.
- Don't take salt tablets without a doctor's permission.
- Drink lots of fluids, avoiding alcohol or caffeine.
- Build up exposure to sun slowly.
- Try to avoid the sun between 10 a.m. and 3 p.m.
- Be aware that water, concrete, and sand reflect the sun and make it stronger.

Know heat exhaustion symptoms:

- Dizziness
- Fatigue
- Nausea
- Headache
- Excess sweating
- Cold, pale, clammy skin
- Great weakness
- Faintness

Act quickly if heat exhaustion strikes:

- " Get to shade or a cool area.
- " Lie down.
- " Loosen clothing.
- " Apply cool compresses.
- " Drink fluids.

Know heatstroke symptoms:

- " High body temperature
- " Hot red, dry skin
- " Rapid pulse
- " Unconsciousness

Act quickly if heatstroke strikes:

- " Call for medical attention.
- " Get to a cool spot.
- " Loosen clothing.
- " Cool down body quickly with compresses, water.

Skin cancer:

See a doctor if a mole or skin spot has:

- " One half different from the other
- " Different colors
- " An irregular border
- " Increased in size.

Sunburn treatment:

- " Rinse or soak with cool water or cold compresses.
- " If no blisters, apply mild nonmedicated cream.
- " If blistered, see a doctor.