

Working in the Heat

The human body maintains a fairly constant internal temperature.

When we become overheated

- The body rids itself of excess heat by increasing circulation in blood vessels close to the surface of your skin. Your face and your hands turn red when you begin to overheat.
- As the sweat evaporates, it cools the skin and removes large quantities of heat from your body.

Problems begin if the air temperature around you is warmer than your skin, blood that has been brought to the body surface cannot lose its heat. If the humidity is high, your body will continue to sweat liquids containing electrolytes, but will not easily evaporate.

The following reactions take place:

- Your strength declines.
- Fatigue occurs sooner than it would otherwise.
- Alertness and mental capacity may also be affected.
- Heat stress may also produce heat cramps.

To control heat stress, remember these tips:

- Use ventilation.
- Take frequent rest breaks.
- Wear protective clothing.
- Avoid alcohol and caffeine.
- Drink plenty of liquids.

Heat Exhaustion

- Heat exhaustion is the body's response to an excessive loss of water and salt due to exposure to heat.
- Approximately 400 people die each year from heat exhaustion.

- Mild symptoms include: thirst, fatigue, and cramping of the legs and abdomen. If left untreated, this illness can develop into heat stroke. Here, the symptoms become:
 - Dizziness
 - Headache
 - Nausea
 - Rapid heartbeat
 - Vomiting
 - Decreased alertness

The four contributing factors of heat exhaustion are:

- Respiration: Breathe hard, drink more water.
- Perspiration: Work hard, drink more water.
- Urination: Frequent urination, drink more water.
- Diarrhea: Drink more water.

How to Treat Heat Exhaustion:

- Have person get out of the sun.
- Have person lie down.
- Loosen or remove clothing.
- Give person a beverage with electrolytes or small sips of water.

How to Prevent Heat Exhaustion:

- Wear light, loose fitting clothing.
- Wear a hat in the sun.
- Drink a lot of water.
- Avoid direct sunlight.
- Consider cool electrolyte beverages to support, not replace, water consumption. (These beverages are excellent for restoring moisture, but water is still the best.)
- Don't eat a lot of high fat, high protein foods before work, eat something light and easily digestible.
- Drink fluids with Vitamin C to protect skin and muscles.

Name: _____ Date: _____

List 2 reactions that occur if you become overheated

1.

2.

What is Heat Exhaustion?

List 2 ways to treat Heat exhaustion

1.

2.