

Supplemental Information

Since 1936, according to the National Safety Council, 30,000 people have died from heat related illnesses.

On the average, 384 people die each year from heat stroke.

Tips for Recognizing & Preventing Heat-Related Illness

Heat Warning Terminology

- **Heat Wave:** More than 48 hours of high heat are expected.
- **Heat Index:** A number in degrees Fahrenheit that tells how hot it really feels with the heat & humidity.
- **Heat Advisory:** Issued when the Heat Index will be equal to or greater than 100°F, but less than 105°F.
- **Excessive Heat Warning:** Heat indices' will attain or exceed 105°F
- **Excessive Heat Watch:** Possibility that **Excessive Heat Warning**

Heat Illnesses

- **Heat cramps:** Heat cramps are muscular pains & spasms due to heavy exertion.
- **Heat Exhaustion:** Heat exhaustion typically occurs when people work in a warm, humid place where body fluids are lost through heavy sweating.
- **Heat Stroke:** Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, **stops working**. The body temperature can rise so high that brain damage & death may result

Preventing Heat-Related Illness

- **Dress for the heat.** Wear lightweight, light-colored clothing.
- **Drink water.** Carry water or juice and drink continuously even if you do not feel thirsty.
- **Eat small meals & eat more often.**
- **Slow down.** Avoid strenuous activity.
- **Take regular breaks**

Preventing Heat-Related Illness

- **Stay indoors** in an air-conditioned place.
- **Drink more fluids.**
- **Limit your outdoor activity** to morning & evening hours.
- **Protect yourself** from the sun by wearing a wide-brimmed hat & sunglasses & by putting on sunscreen of SPF 15 or higher

HEAT INDEX CHART

		RELATIVE HUMIDITY								
		10 %	20%	30%	40%	50%	60%	70%	80%	90%
TEMPERATURE F°	104°	98	104	110	120	>130	>130	>130	>130	>130
	102°	97	101	108	117	125	>130	>130	>130	>130
	100°	95	99	105	110	120	>130	>130	>130	>130
	98°	93	97	101	106	110	125	>130	>130	>130
	96°	91	95	98	104	108	120	128	>130	>130
	94°	89	93	95	100	105	111	122	128	>130
	92°	87	90	92	96	100	106	115	122	128
	90°	85	88	90	92	96	100	106	114	122
	88°	82	86	87	89	93	95	100	106	115
	86°	80	84	85	87	90	92	96	100	109
	84°	78	81	83	85	86	89	91	95	99
	82°	77	79	80	81	84	86	89	91	95
	80°	75	77	78	79	81	83	85	86	89
	78°	72	75	77	78	79	80	81	83	85
	76°	70	72	75	76	77	77	77	78	79
74°	68	70	73	74	75	75	75	76	77	

Directions: Locate the current temperature on the left column and then locate the relative humidity on the top row. Follow the temperature across and the humidity down until they meet; this measurement is the heat index. The heat index will increase 15 degrees in direct sunlight.

General Care for Heat Emergencies

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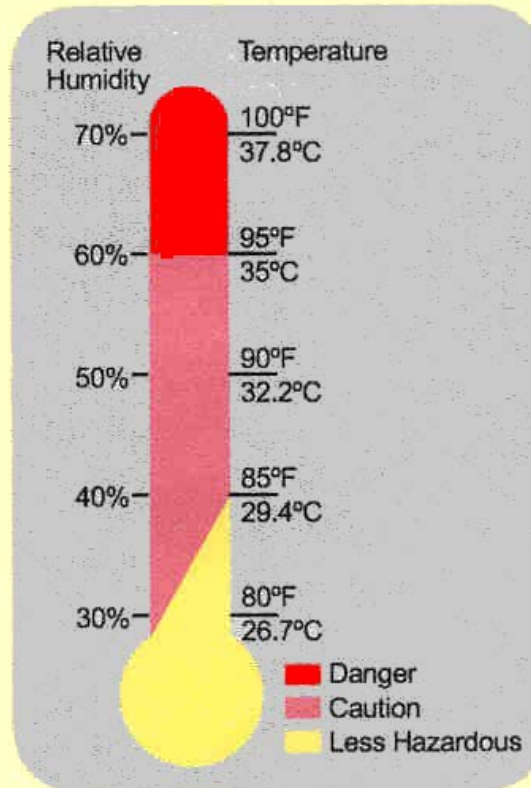
- **Cool the Body**
- **Give Fluids**
- **Minimize Shock**



The Heat Equation

**HIGH TEMPERATURE + HIGH HUMIDITY
+ PHYSICAL WORK = HEAT ILLNESS**

When the body is unable to cool itself through sweating, **serious** heat illnesses may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If left untreated, **heat exhaustion** could progress to **heat stroke** and possible **death**.



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