

# Heat Stress

The signs of heat strain vary from person to person and become worse as the problem progresses. The symptoms of possible heat stroke are italicized.

- **Muscle cramps**(usually legs and abdomen-*convulsions or muscular twitching*)
- **Breathing** (*varied-rapid-deep-shallow*)
- **Pulse** (*varied-shallow- rapid*)
- **Weakness**
- **Nausea** (*queasy-vomiting*)
- **Skin** (*warm-cold clammy-red, dry and hot*)
- **Perspiration** (*heavy-little or none*)
- **Level of consciousness** (*reduced performance-headaches, dizziness or fainting-Confusion or unconsciousness -coma or death*)
- **Fever**

If a person shows signs of heat strain:

- Move the victim to rest in a cool shaded area. Do not leave the person alone. For dizziness, lie down and raise legs 6-8 inches. For nausea, lie on side or stomach.
- Loosen clothes and remove any heavy clothing.
- Have the person drink cool water unless sick to the stomach.
- Cool the person's body by fanning and spraying with a cool mist of water or applying a wet cloth to the person's skin.
- Call Campus Safety Emergency at 3-3333 for emergency help if symptoms worsen or persist for a few minutes or if heat stroke is suspected.

The main key is to be aware of your limitations and surroundings, and taking actions to decrease their likelihood of adversely affecting you.

- Wear appropriate clothing.
- Drink liquids avoiding alcohol and caffeine which dehydrate the body.
- Replace the electrolytes lost from sweating (drinks like Gatorade help).
- Take breaks out of the heat to recuperate when needed.

Heat Stress is created by a combination of factors that can add up to serious consequences. These factors are as follows:

**Air flow:** The less air movement there is, the greater the chances are of heat stress.

**Air Temperature:** The higher the temperature, the more likely heat stress may take place. Though the air temp is easy to find it is one of the least reliable.

**Clothing:** If you're wearing more clothing, the likelihood of heat stress will be increased.

**Humidity:** The more water in the air, the greater the amount of heat stress.

**Physical activity:** The more active a person is, the greater the possibility for heat stress.

**Physical Health:** Certain medications, medical conditions, a low level of fitness, age factors, or poor health can increase heat stress.

**Radiant Heat:** Radiant heat is emitted from anything that is hot. This means it can come from mechanical equipment, the sun, and even people. The more radiant heat there is, the greater the chance of heat stress.