

MCLB ALBANY SAFETYGRAM

CY2024 101 Critical Days of Summer

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2021, the National Oceanic and Atmospheric Administration reported 201 people died and 67 were injured in the U.S. from weather related excessive heat. Below is information to help you differentiate between heat exhaustion and heat stroke, along with recommended actions to take during the CY2024 101 Critical Days of Summer.



Heat Exhaustion Vs Heat Stroke

Do you know the difference?



Heat Exhaustion

Symptoms

- Cool, moist skin with goose bumps when in the heat.
- Heavy sweating.
- Faintness.
- Dizziness.
- Fatigue.
- Weak, rapid pulse.
- Low blood pressure upon standing.
- Muscle cramps.
- Nausea.
- Headache.



What to do?

- Stop all activity and rest.
- Move to a cooler place.
- Drink cool water or sports drinks.
- Contact your doctor if your signs or symptoms don't improve.

Heat Stroke

Symptoms

- A body temperature of 104 F or higher.
- Confusion, agitation, slurred speech, irritability, delirium, seizure, or coma.
- Skin will feel hot and dry to the touch.
- Nausea and vomiting.
- Flushed, red skin.
- Rapid, shallow breathing.
- Racing heart rate.
- Headache.



What to do?

- Dial 911 and take immediate action to cool the overheated person while waiting for emergency treatment.
- Get the person into shade or indoors.
- Remove excess clothing.
- Cool the person with whatever means available – put in a cool tub of water or a cool shower, spray with a garden hose, or place ice packs or cold, wet towels on the person's head, neck, armpits, and groin.



For more information on how to prevent heat-related illnesses during 101 Critical Days of Summer, please visit www.osha.gov/heat



Risk Management 639-5249
Prepared by Stacey Williams

May 2024

