The heat is on.....
So Be Careful!
Norfolk State University
Facilities Safety and Risk Management
Ground Rules

- Bathrooms are located,...
- Please raise hand if you have a questions
- Please silence all cell phones. Please leave the room if you must take or place a call.
- Relax and enjoy!!!!
Training Video

- https://www.youtube.com/watch?v=D5dGCuRdtSttps  2.50 min

- https://www.youtube.com/watch?v=zkDC1DPfVlc  5.23 min
FACTS

Although heat-related illness and death are readily preventable, exposure to extremely high temperatures caused an annual average of 381 deaths in the US during 1979-96.
More Facts

If muscles are being used for physical labor, less blood is available to flow to the skin and release heat.

If body can't dispose of excess heat, it will store it. When this happens the body's core temperature rises and the heart rate increases.
Don’t use the feeling of thirst as an indicator that you need water.

Individuals vary in their tolerance to heat stress conditions.

You can deplete as much as 30% of your body’s water before you feel thirsty. Drink plenty of water before, during and after time spent in the heat.
Heat Exhaustion

Occurs when the heart and vascular system do not respond properly to high temperatures, and the mechanisms our body uses to cool itself fails.

Dizziness, nausea, muscle, cramps

Symptoms include cool, clammy, pale skin;

Sweating, dry mouth, fatigue, weakness
If you suspect that someone is suffering from heat exhaustion:

- get them to a cool spot
- lay the person down
- elevate the feet
- loosen clothing
- give cool (not iced) water
Contributing Factors

- Obesity
- Alcohol consumption
- Caffeine
- Age
- Previous heatstroke
- Certain medications
- Several days of sustained exposure to hot temperatures
- Using drugs
- Smoking
Heat Syncope

Usually occurs in individuals standing erect and immobile in the heat.

The person recovers rapidly after lying down.
Heat Cramps

- Painful muscle cramps/spasms in person sweating profusely
- It occurs when large volumes of water are consumed without adequate salt replacement.
- Usually resolves after an electrolyte beverage.
This is the most severe form of heat-related illness. Heat Stroke IS A MEDICAL EMERGENCY. It is often fatal. It is preventable.
Symptoms of Heat Stroke

- Altered mental state
- Cyanosis (blue) or red hot skin
- Body temperature > 105 degrees
- Lack of sweating
- Confusion
- Delirious

Symptoms include altered mental state, cyanosis (blue) or red hot skin, body temperature above 105 degrees, lack of sweating, confusion, and delirious.
Treatment

- CALL 911 IMMEDIATELY!
- Cool body - pour cool water over person
- Place ice pack behind neck - under arms
Prevention

- Spending time in air-conditioned environments
- Increase nonalcoholic
- Non-caffeinated fluid intake
- Monitor urine output
Persons working either indoors or outdoors in high temperatures should take special precautions including allowing 10 - 14 days to acclimate to high temperatures.

Salt tablets are not recommended and may be hazardous to many people.
**DO NOT**

- Underestimate the seriousness of heat illness
- Give the victim medications to reduce fever
- Give the victim liquids that contain alcohol or caffeine
- Give anything by mouth if HEAT STROKE is suspected
THANK YOU, For Your Attention!

We Wish You Success in Your Career Here At Norfolk State University

“BEHOLD THE GREEN AND GOLD!!!”