



Heat Safety and Awareness

National Weather Service

Springfield, Missouri



Beat the Heat – Check the Backseat! Do not leave infants, children or pets unattended in a parked car.

<p>How do you prevent heat stress?</p> <ul style="list-style-type: none"> • Block out direct sun or other heat sources • Use cooling fans/air-conditioning; set work rest cycles • Drink lots of water; about 1 cup every 15 minutes • Wear lightweight, light colored, loose-fitting clothes • Avoid alcohol, caffeinated drinks, or heavy meals 	<p>Who has the greatest risk of heat-related illness?</p> <ul style="list-style-type: none"> • Infants and children up to 4 years of age • Anyone 65 years of age or older • Anyone who is overweight • Anyone who overexerts during work or exercise • Anyone who is ill or on certain medications
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Heat Disorder	Symptoms	First Aid
Heat Cramps	Painful spasms usually in muscles of legs and abdomen due to heavy exertion. Heavy sweating.	Stop activity and rest in a cool place. Lightly stretch or gently massage muscle to relieve spasms. Give sips of cool water.
Heat exhaustion	Heavy sweating. Skin cool, pale, and clammy. Pulse fast and weak. Breathing fast and shallow. Fainting, dizziness, vomiting, and nausea.	Get victim to a cool place. Have him/her lie down and loosen clothing. Apply cool, moist cloths. Give sips of cool water.
Heat stroke	Temperature 103 or higher. No sweating, rapid pulse, fast and shallow breathing. Hot, red, dry skin. Nausea, dizziness, headache, confusion	HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY ASSISTANCE OR GET THE VICTIM TO THE HOSPITAL. DELAY CAN BE FATAL. Move the victim to a cooler environment. Use cool baths or sponging to reduce body temperature.

Heat Resources

Weather Ready Nation - <http://www.nws.noaa.gov/com/weatherreadynation/>

Heat Ready – <http://www.ready.gov/heat>

NWS Heat Information - <http://www.nws.noaa.gov/os/heat/index.shtml>



Building a Weather-Ready Nation

