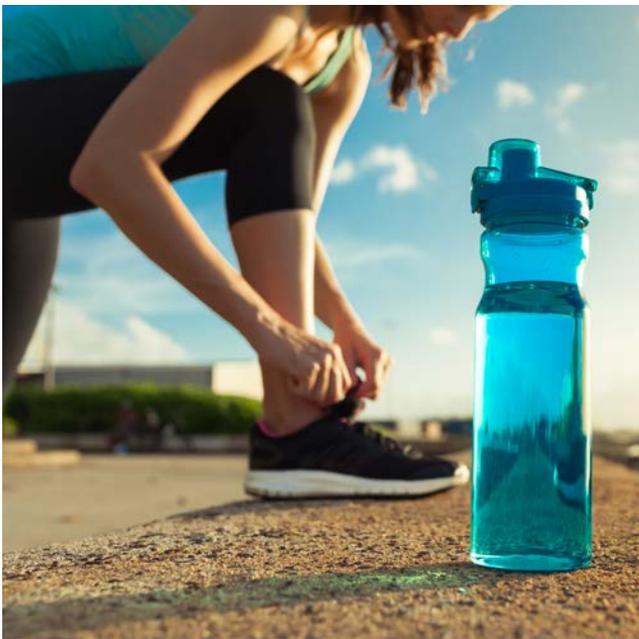




TWO STRONG BRANDS, ONE GREAT COMPANY.



Keeping Your Cool: Avoiding Heat-Related Illness



Extreme heat exposure can pose a serious health risk. Physical activity, clothing, humidity and working conditions can be factors.

Heat-related injuries range from minor to severe. The body normally cools itself by sweating. In some cases, body temperature may rise too quickly damaging the brain and other vital organs. When heat-related illness signals appear, a person's condition can quickly worsen. Heat-related illnesses can be fatal if not recognized and treated quickly.

Dehydration is a major factor in heat related injuries. When exercising or working outside, consume plenty of fluids regardless of thirst. Drink two to four glasses of cool fluid hourly. Water is best. Avoid ice cold drinks that can cause cramps and headaches and alcohol and caffeinated and salty drinks.

Heat Cramps

Symptoms: Painful muscle cramps, usually in the stomach, arms, or legs that may occur during heavy activity. Heat cramps are the least serious type of heat-related injuries. However, they are early-warning signs that the body is having trouble with heat.

Treatment: Move the person to a cool place. Provide cool water or sports drink. Usually, rest and fluids are sufficient for recovery. Lightly stretch the muscle and gently massage the area. Don't give the person salt tablets or salt water.

Heat Exhaustion

Symptoms: Cool, moist pale, ashen or flushed skin. Headache, nausea, dizziness, weakness and exhaustion. Heat exhaustion is the body's response to losing too much water in sweat.

Treatment: Move the person to a cooler location. Loosen or remove clothing and fan the person. Apply wet towels. If the person's condition doesn't improve or if heat stroke is expected call 9-1-1.

Heat Stroke

Symptoms: Red skin, either dry or moist. Changes in consciousness, dizziness, no sweating, rapid or weak pulse and rapid or shallow breathing. Heat stroke is the most serious type of heat-related injury and is considered life threatening. It occurs when the body systems are overwhelmed and are unable to cool down.

Treatments: Remove person from the heat and call 9-1-1 immediately. Loosen any tight clothing and apply cool, wet cloths, such as towels or sheets. Spraying the person with water and fanning is recommended. Give the person small amounts of water to drink if conscious.

