



## Sizzling Summer Temps

### Watch out for heat-related illnesses

Summer brings hot and humid temperatures. Unless you're in an air-conditioned environment, you're sweating and uncomfortable. You may find you are tiring more easily and you may be working and moving more slowly. What you really need to be concerned about is the heightened risk of heat-related illness.

Every summer more than a few people end up in the emergency room suffering from a heat related illness. It is important to be able to recognize the symptoms and know what to do about them.

⚙ **Heat cramps** are painful muscle spasms in arms, legs, or intestines that are caused by losing sodium while sweating.

What to do: Cool down and drink water, clear juice, or a sports drink that contains electrolytes.

⚙ **Fainting** may be a problem in the heat, especially if you spend a lot of time standing in one place.

What to do: A brief period of lying down usually helps. Also moving around rather than standing still reduces the risk of fainting in the heat.

⚙ **Heat exhaustion** can make you feel weak and possibly dizzy and/or nauseous. Other symptoms include chills, clammy skin, and profuse sweating.

What to do: Rest in a cool spot, preferably with feet slightly elevated, and drink plenty of fluids. If your condition doesn't improve, seek medical attention. Also take it easy for a few days following an incident and reduce your pace of activity, especially if excessive heat continues to be a factor.

⚙ **Heatstroke** is life-threatening. Emergency medical attention is required. A victim of heat stroke stops sweating which causes the body to overheat. Symptoms include hot, flushed skin, poor coordination and confusion possibly followed by loss of consciousness.

What to do: While waiting for the EMT to arrive, move the victim to a cool place, sponge with cold water, apply ice packs or cold drink cans, or immerse in cold water. Offer drinking water only if the person is conscious.

If you would like more information about this topic or have questions, contact Rejeana Woolum at 1-877-360-3608, extension 2364. You may also email at [rwoolum@riskcontrol360.com](mailto:rwoolum@riskcontrol360.com).

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