



Severe Weather Safety Tips: Extreme Heat



Provided by
Kentucky Emergency Management (KYEM)

In extreme heat and high humidity, evaporation is slowed and the human body must work extra hard to maintain a normal temperature. When the body is unable to maintain a normal temperature, heat-related illnesses can occur and, in extreme situations, may even result in death.

Before getting exposed to excessive heat:

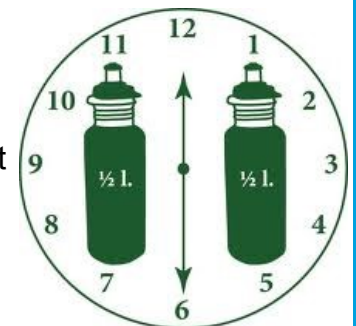
- Maintain a healthy lifestyle by eating well, exercising, and getting plenty of sleep.
- Monitor weather reports and reschedule jobs with high heat exposure to cooler times of the day.
- Stay hydrated; drink plenty of fluids
- Install air conditioners and check for proper operation
- Learn to recognize symptoms of heat related illnesses

During the heat:

- Stay in air conditioned areas, if possible, and limit exposure to the heat
- Stay hydrated; drink plenty of water even if you don't feel thirsty
- Dress in loose fitting, lightweight, light-colored clothing
- Protect face and head by wearing wide-brimmed hat while outside
- If home air conditioning is unavailable consider spending times in public buildings such as libraries, theaters, and malls
- Schedule frequent rest periods with water breaks in shaded or air-conditioned areas
- **NEVER** leave children and pets in closed vehicles even with the windows open. Within 16 minutes on a 80 degree day a vehicle passenger compartment can reach 116 degrees

After the heat:

- Rest in a cool area
- Replenish lost fluids
- If symptoms of heat injury arise, get help



1/2 liter every 1/2 hour

Know the Symptoms

Heat Cramps are muscle pains or spasms, usually in the abdomen, arms, or legs, that may occur in association with strenuous activity. Heat cramps are often an early sign that the body is having trouble with the heat.

Heat Exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. The warning signs of heat exhaustion include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

Heat Stroke (sun stroke) is the most serious heat-related illness and a life-threatening condition. Warning signs of heat stroke vary but may include: an extremely high body temperature (above 103°F), red, hot, and dry skin (no sweating), rapid or strong pulse, throbbing headache, dizziness, nausea, confusion, and unconsciousness.

