

Extreme Heat Safety: Georgians are no strangers to heat. Protect your health by knowing what to do before, during and after a period of extreme heat.



- **Heat cramps** are painful, brief muscle cramps that occur during or after exercise or work in a hot environment. Go to a cooler location and take sips of water or sports drinks. Take a cool shower or use cool compresses, if possible. Get medical attention if symptoms persist.

- **Heat exhaustion** symptoms are heavy sweating, weakness, cold, pale and clammy skin, a rapid, weak pulse; and possible fainting and vomiting. Take the same actions same as heat cramps, if symptoms persist.

- **Heat stroke** is a severe medical emergency that occurs when the body temperature reaches 106 degrees Fahrenheit or higher. Symptoms include hot dry skin, rapid and strong pulse and possible unconsciousness if symptoms persist get immediate emergency medical assistance.

Be safe at work: Workers should avoid exposure to extreme heat, sun exposure and high humidity when possible. When these exposures cannot be avoided, workers should take the following steps to prevent heat stress:

1. Gradually build up to heavy work, scheduling it during the coolest parts of day.
2. Until you acclimate to the high temperatures, take frequent cool down breaks in extreme heat and humidity. Take breaks in the shade or a cool area when possible.
3. Drink plenty of fluids (water, sport drinks, etc.).
4. Avoid caffeinated beverages as these only increase dehydration and give a false sense of being properly hydrated.
5. Avoid alcohol the evening before the work shift, and drinks with large amounts of caffeine or sugar as they can lead to dehydration even before heat exposure.
6. Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.
7. Monitor your physical condition and that of your coworkers.



Exercise Safety: When temperatures climb, it can often seem necessary to put your fitness on hold. This is likely to make you feel even more sluggish and unwell. Try following these tips instead and you'll be able to exercise safely and comfortably.

- ✓ Drink plenty of water

- ✓ Avoid exercise during the hottest part of the day, usually from 12 to 4pm.
- ✓ Go for a swim on extremely hot days
- ✓ Be sure to pace yourself
- ✓ Exercise inside