

# Hot Weather Safety

Each year, heat is the cause of death for hundreds of people. Early recognition of heat cramps, heat exhaustion, and heat stroke is critical in helping someone suffering from a heat-related emergency.



## 3 Types of Heat-Related Illness



### Heat Cramps

are painful muscle spasms often occurring in the legs or abdomen.



### Heat Exhaustion

is caused by the loss of large amounts of fluid usually through sweating.

Symptoms include: cool and clammy skin, headache, nausea, and possibly a feeling of weakness or dizziness.



### Heat Stroke

comes from prolonged heat exhaustion and is life threatening.

Symptoms include: red, hot, dry skin, and confusion or loss of consciousness.

## Prevent Heat-Related Illness



Drink plenty of water - avoid caffeine, alcohol, and sugary drinks.



Wear lightweight, light-colored clothing.



Limit sun exposure.



Avoid strenuous activities.



Never leave children or pets in a parked car. 

## Treat the Heat

- Get out of the heat - move to a shady spot if you can't get inside.
- Apply cool, wet towels.
- Drink cool water.
- **Call 9-1-1 immediately if heat stroke is suspected. Do not give a person experiencing a heat stroke anything to drink.**

**FIRE SAFE**  
South Carolina



A COMMUNITY RISK REDUCTION PROGRAM