

# ARE YOU FEELIN' HOT HOT HOT

## BEAT THE HEAT



At the height of summer, hot temperatures can prove to be a challenge! Working or enjoying leisure activities in the heat of summer can put stress on the body's cooling system and have us longing for the cold days of winter!

### Are you prepared and aware of the dangers of heat stress?

Read on to learn more of the hazards and how to spot them and stop them before they happen!

### What is Heat Stress?

When heat is combined with other stressors such as physical labour, loss of fluids, fatigue or pre-existing medical conditions, it may lead to heat-related illness and in extreme cases, even death. Some types of heat stress related disorders are:

- Heat rash
- Heat exhaustion
- Heat cramps
- Heat stroke
- Fainting

Heat stroke is the most severe, resulting from your body using up all its water and salt reserves and being unable to produce sweat. Sweat is your body's way of cooling itself naturally and if it can no longer cool itself, this can severely impact the function of internal organs and the central nervous

### Factors Leading to Heat Stress

- High air temperature & humidity
- Tight clothing or multiple layers
- Limited air movement, direct sun or heat
- Physical exertion
- Some medications
- Age, poor physical condition



Types of Heat Stress	Symptoms
Heat Rash	Clusters of red bumps on skin Usually on chest, upper neck, and in skin folds
Heat Cramps	Muscle spasms Pain Usually in abdomen, arms, or legs
Heat Exhaustion	Cool moist skin Headache Nausea Heavy sweating Dizziness Light headedness Weakness Thirst Irritability Rapid heartbeat
Heat Stroke	Confusion Fainting Seizures Excessive sweating Red skin

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### How Can I Prevent Heat Stress?

- ✓ Use fans in non air-conditioned work areas.
- ✓ Take breaks in air-conditioned areas.
- ✓ Wear light-weight, loose-fitting clothing.
- ✓ Drink plenty of water and eat hydrating foods.
- ✓ Avoid eating large meals before working in hot environments.
- ✓ Avoid dehydrating beverages such as those containing alcohol or caffeine.
- ✓ Discuss your medications with your health care provider to determine whether they make you more susceptible to heat.



### Options to Replace Electrolytes

#### Make your own electrolyte drink

- 1/4 cup of lemon juice
- 1/4 cup of lime juice
- 1 tsp sea or Himalayan salt
- 1 whole squeezed orange (or 1 cup of 100% pure orange juice)
- 1 liter of water



#### Other options:

- Coconut water
- Leafy greens
- Bananas
- Yogurt
- Tomatoes
- Nuts



Consult your physician or primary health care practitioner if you are exhibiting any symptoms of heat related illness. They can assess your symptoms, make a proper diagnosis, and recommend treatment.

Sources: [http://www.labour.gov.on.ca/english/hs/pubs/gl\\_heat.php](http://www.labour.gov.on.ca/english/hs/pubs/gl_heat.php)

<https://www.cdc.gov/disasters/extremeheat/warning.html>

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