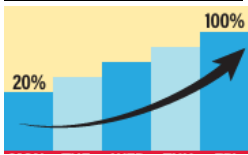


“Lookout” from Loss Control
Heat Illness Prevention

DANIEL & HENRY
INSURANCE AND RISK MANAGEMENT

Temperatures are ramping up and the summer solstice is in full swing! Combining high temps with humidity only adds to the increased risk of suffering a heat illness injury. Both outdoor and indoor heat exposure can be extremely dangerous, even fatal. Consider these tips to help prevent heat illness!

Acclimate



Take your time and build a tolerance to the heat. Follow the **20% rule**: try to be outside no more than 20% at full intensity of the heat. Increase the duration by 20% a day until you are used to being in the heat.

Drink cool water even if you are not thirsty, about 1 cup every 20 minutes. Prepare and plan to take frequent breaks in shaded areas or cool locations. Wear light-colored, loose-fitting clothing that breathes, such as a moisture wicking fabric.

Prepare



Watch For:

Beginning Stages of Heat Illness

- Headache or Nausea-
- Weakness-
- Heavy Sweating or hot, dry skin-
- Extreme Thirst-
- Decreased urine output-

Medical Emergency

- *Abnormal Thinking & Behavior*
- *Slurred Speech*
- *Seizure*
- *Loss of Consciousness*



Act

When in doubt, call 911

Give water to drink, cool with water, ice, or a fan

Stay with the individual until help arrives

Remove unnecessary clothing and move to a cooler area