



# Heat Illness

## SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ☀ Know how to recognize the three most common types of heat-related illness: heat stroke, heat exhaustion, and heat cramps.
- ☀ Heat strokes are the most severe and can be fatal. Symptoms include an elevated temperature to 105° to 110° F; hot, red, and dry skin; a rapid, weak pulse; and rapid, shallow breathing.
- ☀ As first aid for a heat stroke, call 9-1-1 immediately. Wrap damp sheets around the victim and start fanning them. Wrap cold packs in a cloth and place them on the victim's wrists and ankles, in the armpits and on the neck. *Caution: Prolonged cold after temperature has been reduced may cause hypothermia.*
- ☀ Victims of heat exhaustion will have a normal temperature, but will have other symptoms: cool, moist, pale skin; heavy sweating; headache, nausea or vomiting and dizziness.
- ☀ Heat cramps are muscular pains and spasms that result from intense exertion. Cramps most often attack the abdomen and legs.
- ☀ To avoid heat-related illnesses:
  - \* Wear lightweight, light-colored clothing.
  - \* Drink plenty of water.
  - \* Take regular breaks.
  - \* Eat small meals.

[www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx](http://www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx)



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