

## Heat Illness

As temperatures climb, it is increasingly important to understand and recognize the signs of heat illness, which occurs when a person's body temperature rises to an unsafe level. While potentially fatal, there are steps you can take to lessen the risks.

### Signs of Heat Illness

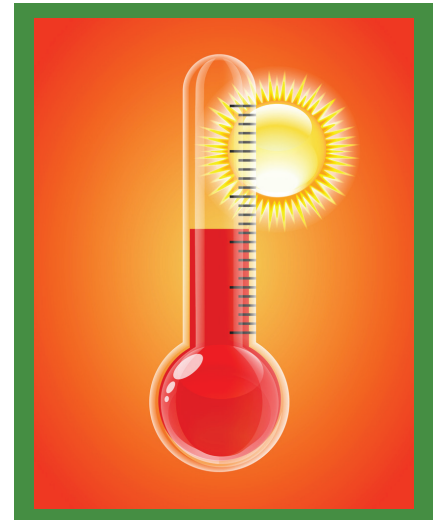
Two of the more serious forms of heat illness are heat exhaustion and heat stroke.

#### Some signs of heat exhaustion are:

- Moist, clammy skin with heavy sweating
- Dizziness, headache, fainting, nausea, and/or vomiting
- Fast, weak pulse and fast, shallow breathing

#### Some signs of heat stroke are:

- Dry, hot skin with no sweating, and very high body temperature (103 degrees or higher)
- Throbbing headache, confusion, dizziness, nausea, and/or loss of consciousness
- Rapid, strong pulse



**If someone displays the above symptoms, cool them down as quickly as you can by using cool water, cold compresses, etc. If symptoms persist, call 911.**

### Ways to Prevent Heat Illness

- Provide shade and cool drinking water at all times, and encourage frequent drinking.
- Limit the consumption of caffeine, as this can lead to dehydration
- Consider holding lunch and recess breaks indoors when temperatures reach extremes.
- Take breaks during athletic activities to allow participants to cool down.

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*California Code of Regulations, Title 8, Section 9935*