



Risk & Insurance Solutions

## Be Cool.

### Avoid Heat Stress Injuries and Illnesses

Heat Cramps, Heat Exhaustion and Heat Stroke - uncomfortable, dangerous and sometimes even **DEADLY.**

Prevent heat-related problems with these simple tips:



Wear a hat! It's the simplest thing you can do if you must be out-of-doors in a heat-stress environment. Without a hat the only things between your brain and a 10,000 degree thermonuclear furnace are a layer of thin bone, a layer of thin scalp, and a layer of hair. Cover your noggin!



Hydration! Water is your friend. How much water? Drink **at least a quart of water every hour** even if you aren't thirsty.



Sweat is cool! Sweat is healthy!

Know when the heat is getting the best of you!

#### Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- **Mood changes such as irritability or confusion.**
- Upset stomach or vomiting.

#### Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

#### What to Do for Heat-Related Illness

- Call 911 (or local emergency number) at once.  
While waiting for help to arrive:
  - Move the worker to a cool, shaded area.
    - Loosen or remove heavy clothing.
    - Provide cool drinking water.
  - Fan and mist the person with water.

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Reducing the Cost of Risk - One Client at a Time

**KMRD XCHANGE**®