Heat-related deaths and illness are preventable yet annually many people succumb to extreme heat. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn’t enough. In such cases, a person’s body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body’s ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

The chart below lists some of the heat related illness that can occur as well as signs to look for, what to do in case of an emergency, and ways to prevent heat-related illnesses before they occur. This chart should only be used as an informational guide.

(edited from, Centers for Disease Control, http://www.cdc.gov/)

One of the first things you should do is take a look at your urine color. The color of your urine can be an early indicator of dehydration. If your urine is a dark yellow color it may be a sign that you are dehydrated. How much water have you drunk today? In general, you should be drinking eight glasses of water a day. If you’re physically active, and sweating, you’ll want to drink additional water. If you do not drink enough water, then your urine becomes over-concentrated with waste, which is why it is a darker yellow urine color. This chart should only be used as an informational guide.
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1. Heat related deaths and illnesses are ________.

2. True or False: An extremely high body temperature will not damage the brain or other vital organs. (circle one)

3. What are steps that you can take to try and prevent heat related illnesses?
   a) Drink plenty of fluids
   b) Avoid hot foods and heavy meals
   c) Wear light weight clothing
   d) All of the above

4. When the humidity is ____________, sweat will not evaporate as quickly, ________________ the body from releasing heat quickly.

5. True or False: When a person is suffering from heat stroke you should give them fluids to drink. (circle one)

6. Which one is not a sign of heat stroke?
   a) Extremely high body temperature
   b) Cool, moist skin
   c) Rapid, strong pulse
   d) Red, hot, and dry skin