



The Bonner County Safety Record

All the News that is Safe to Print

Risk Management News

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Edition 29

Summer has started, it is important to be aware of heat related injuries. Heat Illness can become Heat Exhaustion and finally Heat Stroke if preventative actions aren't taken.

To prevent Heat Illness:

- Have cool water available (at least one pint of water per hour)
- Stay aware of signs of heat related injuries
- Stay in the shade, if possible
- Wear lightweight, light colored, loose fitting clothing if possible
- Call 911 if worker shows signs of heat stroke such as confusion, passing out, seizures, etc.

Heat Related Deaths ARE Preventable
LOOK BEFORE YOU LOCK

The temperature in your car can quickly become deadly!

Outside Temperature 80°

Inside 99° Time Elapsed: 10 Minutes

Inside 109° Time Elapsed: 20 Minutes

Inside 114° Time Elapsed: 30 Minutes

Inside 123° Time Elapsed: 60 Minutes

weather.gov/heat nhtsa.gov



NOAA's National Weather Service

Heat Index
Temperature (°F)

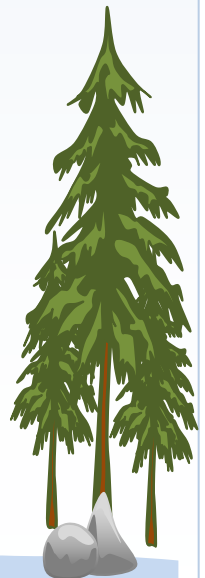
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution Extreme Caution Danger Extreme Danger

If you must work in the heat

- Drink more fluids.
- Don't drink alcohol or drinks containing large amounts of sugar.
- Stay indoors if possible.
- Wear lightweights, light colored, loose fitting clothing.
- Limit outdoor activity to morning and evening hours.
- Wear a wide brimmed hat and sunglasses.
- Watch for signs of heat stroke



Additional info:

<http://www.nws.noaa.gov/com/weatherreadynation/>

<http://emergency.cdc.gov/disasters/extremeheat/heattips.asp>

Heat Exhaustion
nausea, vomiting, fatigue, weakness, headache, muscle cramps, aches, and dizziness.

Heat Stroke
high body temp, absence of sweating, hot red or flushed dry skin, rapid pulse, difficulty breathing, strange behavior, hallucinations, confusion, agitation, disorientation, seizure, and/or coma.

Death
lack of breathing, no heart beat, silence, rigor, and complete reduction in running pace.

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