



# Hazard #7

## Heat Wave / Ozone Action Days



### Precautions to Avoid Painful Sunburn, Heat Exhaustion, or a Heat Stroke:



- \*Use number 45-50 sunscreen with UVA/UVB protection. If swimming, reapply sunscreen after each swim.
- \*Avoid being in the sun between 11am and 3pm, that's when the sun's rays the most damaging.
- \*Wear a wide brimmed hat and other protective clothing, sunglasses to protect the eyes.
- \*Drink plenty of fluids and keep well hydrated. Carry water with the individual(s) on trips longer than one hour.
- \*Do not leave individual(s) in a hot car for any period of time.
- \*If the individual must be in the sun, seek cool shade every hour for approximately 15 minutes to rest.
- \*Avoid strenuous activities during extremely hot weather.
- \*Beware of heat exhaustion. This results from loss of fluids and salts when the body is unable to cool itself sufficiently through perspiration.
- \*Refer to the Functional Procedure for "Heat Wave / Ozone Action Days, as indicated.



### Symptoms of Heat Exhaustion Include:

- Nausea
- Clammy skin
- Rapid heartbeat
- Fainting



### If Heat Exhaustion Occurs:

- \*Quickly move the individual into an air conditioned room, or at least into shade
- \*Have the individual lie down with feet elevated
- \*Seek medical help

### Signs of Heat Stroke Include:

- \*Hot, red complexion
- \*Extremely high body temperature
- \*Rapid pulse
- \*Confusion / Unconsciousness



### If Heat Stroke Occurs:

- \*Seek medical help at once.
- \*Do not give the individual anything to drink.
- \*Remove the individual to a cool area and lower the body temperature with cold sponges.
- \*Call 911.

**REMEMBER:** Indoor conditions can become extremely hot if the area is poorly ventilated or lacking air conditioning and this can have an adverse effect on an individual. Air conditioning, fans, and opened windows should be utilized to keep indoor temperatures comfortable and the area well ventilated. Frequent short periods of rest and plenty of fluids throughout the day can help keep an individual cool, comfortable, and healthy. Review the individual's nursing care plans to examine the protocol for the use of sunscreen.

