



STALL STREET JOURNAL

College of Engineering Office of Safety

SAFETY STARTS WITH YOU

July/Aug 2022

Hot Weather Safety Tips

As temperatures and humidity increase throughout the summer, we will be exposed to increasingly high temperatures. Make sure to stay hydrated and take regular breaks. Remain aware of shady spots you can access during the sunniest part of the day and frequently check on others for signs or symptoms of heat exhaustion or stroke when working outside for longer periods.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none">• Get to a cooler, air conditioned place• Drink water if fully conscious• Take a cool shower or use cold compresses	CALL 9-1-1	<ul style="list-style-type: none">• Take immediate action to cool the person until help arrives

- Stay hydrated
- Avoid dehydrating liquids
- Wear protective clothing
- Pace yourself
- Schedule frequent breaks
- Use a damp rag
- Avoid getting sunburn
- Be alert to signs of heat-related illness
- Avoid direct sun
- Eat smaller meals

If you have ideas for the Stall Street Journal, contact: coesafety@engr.wisc.edu