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.

**CALL 9-1-1**

- **Heat Exhaustion**
  - Faint or dizzy
  - Excessive sweating
  - Cool, pale, clammy skin
  - Nausea or vomiting
  - Rapid, weak pulse
  - Muscle cramps

- **Heat Stroke**
  - Throbbing headache
  - No sweating
  - Body temperature above 103°
  - Red, hot, dry skin
  - Nausea or vomiting
  - Rapid, strong pulse
  - May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses
- 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