



# ***NC-107<sup>th</sup> Randolph Composite Squadron***



## ***July Safety Training***

### **Heat Related Safety**

**The region will experience a fifth consecutive day of heat index values over 102°. An Excessive Heat Warning and Heat Advisory is in effect for much of North Carolina from 11AM through 9PM Tuesday. Heat index values are expected to reach 100-109° Tuesday afternoon. Little relief from the heat is expected Tuesday night as temperatures will only drop down into 70s. Please remember the following tips when the weather is extremely hot:**

#### **REMEMBER:**

- Extreme heat can occur quickly and without warning.
- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

#### **IF YOU ARE UNDER AN EXTREME HEAT WARNING:**

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car.

Know the signs of heat-related illness and how to respond to it.

#### **HEAT CRAMPS**

- **Signs:** Muscle pains or spasms in the stomach, arms or legs
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

## HEAT EXHAUSTION

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

## HEAT STROKE

- **Signs:**
  - Extremely high body temperature (above 103 degrees) taken orally
  - Red, hot and dry skin with no sweat
  - Rapid, strong pulse
  - Dizziness, confusion or unconsciousness
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.