

Maryland State Firemen's Association

Fire Prevention and Life Safety Committee

TIP Sheet: SUMMER SAFETY



SUMMER SAFETY



AS THE SUMMER TEMPERATURES HEAT UP ARE YOU AWARE OF THE SIGNS!

DANGERS OF HEAT INCLUDE:

Heat cramps: Exercising in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.

Heat syncope or fainting: Anyone not used to exercising in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the cure is to take it easy.

Heat exhaustion: Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but not above 102 degrees. In some cases victims, especially the elderly, should be hospitalized. Heat exhaustion is more likely after a few days of a heat wave than when one is just beginning. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.

Heatstroke: In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.

Remember to drink plenty of water. Wear light colored clothing. When possible, avoid the outside heat. Check on relatives and friends, especially the elderly. Make sure pets have access to water and shade and never leave children in a vehicle alone.

CALL 911 IN ALL EMERGENCIES.

Category	Heat Index	Possible heat disorders for people in high risk groups
Extreme Danger	130°F or higher (54°C or higher)	Heat stroke or sunstroke likely.
Danger	105 - 129°F (41 - 54°C)	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Caution	90 - 105°F (32 - 41°C)	Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Caution	80 - 90°F (27 - 32°C)	Fatigue possible with prolonged exposure and/or physical activity.