HEAT DISORDER

<table>
<thead>
<tr>
<th>Problems / Symptoms</th>
<th>Appropriate Response</th>
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</thead>
<tbody>
<tr>
<td><strong>Sunburn</strong>&lt;br&gt;Redness &amp; pain. In severe cases, swelling of skin, blisters, fever, and headaches.</td>
<td>Ointments for mild cases. DO NOT break blisters. If they do break, apply dry, sterile dressing. For severe cases, consult a physician.</td>
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<td><strong>Heat Cramps</strong>&lt;br&gt;Painful muscle spasms, usually in the legs and abdomen. Possible heavy sweating.</td>
<td>Apply firm pressure on cramping muscles, then gently massage to relieve muscle spasm. Give sips of Squirt every 15 minutes.</td>
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<tr>
<td><strong>Heat Exhaustion</strong>&lt;br&gt;Heavy sweating, weakness, dizziness, cold skin, pale and clammy. Steady pulse, normal temperature, possible fainting and vomiting.</td>
<td>Lie victim down out of sun, loosen clothing and apply cool cloths. Fan or move victim to an air cooled room. Give sips of Squirt every 15 minutes for 1 hour. If victim vomits, seek immediate medical attention.</td>
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Exertional Heat Illness

Stuporous appearance, tiredness, nausea with possible vomiting. Unsteady gait, heavy perspiration, dehydrated with high body temperature (up to 108°F): often accompanied by headache, rapid respiration and pulse.

Cease exertion and promptly cool body exterior. Initiate replacement of fluids - water first, then Squirt. If victim cannot retain fluids, transport to hospital.

Heat Stroke

High Body Temperature (108°F or higher); hot, dry and red skin, strong and rapid pulse, possible unconsciousness.

Heat stroke is a severe medical problem. Move victim to cooler area and reduce body temperature with cold bath or sponging. Use fans and air conditioners. Get victim to hospital immediately. DELAY CAN BE FATAL. DO NOT GIVE FLUIDS!

HOW TO USE HEAT INDEX:

Across top (Air temperature) locate today’s predicted high temperature.

Down left side (Relative Humidity) locate today’s predicted humidity.

Follow across and down to find “APPARENT TEMPERATURE” or “WHAT IT FEELS LIKE”.

Heat Index Values were devised for shady, light wind conditions. Exposure to full sun can increase values by up to 15°. Strong winds, particularly with hot, dry air can be extremely hazardous.

**HEAT INDEX 90°-105°**

Sun stroke, heat cramps and heat exhaustion are possible with prolonged exposure and physical activity.

**HEAT INDEX 105°-120°**

Sun stroke, heat cramps and heat exhaustion are possible with prolonged exposure and physical activity.

**HEAT INDEX >130°**

Heat stroke or sun stroke imminent.

This Safety Information is Provided by The Sqwincher Corporation as a Public Service to Industry and the Industrial Worker.

1. Beware of heat exhaustion, heat cramps or heat stroke when you’re involved in strenuous activity in environments of 90°F Fahrenheit or above.

2. Take time to allow your body to adjust to high-heat, high-humidity environments before exertion begins.

3. If you work in protective clothing and equipment, your chances of heat stress are greatly increased. In work environments of 81°F Fahrenheit or above, experts recommend no employee spend more than 15 minutes of any one hour in an impervious suit unless cooling has been provided to the suit or the employee is wearing a heat stress monitor.

4. Don’t depend on thirst or sweat as an indicator of escalating body heat. Thirst is not always a dependable gauge and sweat may evaporate quickly, especially in dry-heat environments. Instead, be aware of the temperature and humidity, and drink fluids with electrolytes at regular intervals.

5. Know the symptoms of heat stroke, heat exhaustion and heat cramps, and respond quickly. (*See chart to the upper right.)

6. Remember, it is much easier to prevent heat stress injuries than to recover from them. Be aware of the environment in which you work and drink fluids with electrolytes on a regular basis throughout the work day.

**SQUINCHER**

**THE DRINK OF INDUSTRY**

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