



### OVERVIEW OF FACT SHEET

The purpose of this Fact Sheet is to educate the campus community about heat-related illnesses. When the body is unable to cool itself by sweating, several heat-induced illnesses can occur. These can include heat stress, heat exhaustion and heat stroke.



Factors leading to heat stress:

1. High temperatures and humidity.
2. Direct sun exposure.
3. Limited air movement.
4. Physical exertion or poor physical condition.
5. Some types of medication.
6. Inadequate tolerance for hot environments.



If you have any questions regarding heat stress, please contact the [Environmental Health and Safety Office](#) at 704-687-1111. Please visit our website ([safety.charlotte.edu](http://safety.charlotte.edu)) for more information.

# Heat Stress

### **Prevention Tips to control Heat Stress:**

- Drink lots of water, avoid caffeine or alcohol.
- Wear lightweight, light colored, loose-fitting clothes.
- Rest regularly.
- Be self-aware – recognize and report symptoms of heat-related illness.
- Complete outdoor work or activities in cooler hours of the day.
- If applicable, use fans or air conditioning to cool the work environment. Shades, canopies, or other barriers can be used to block direct sun exposure.
- Acclimate your body to hot conditions before participating in activity.

### **Recognize symptoms of Heat Exhaustion:**

- Headaches, dizziness, light headedness or fainting.
- Weakness and moist skin.
- Mood changes, such as irritability or confusion.
- Upset stomach or vomiting.

### **Recognize symptoms of Heat Stroke:**

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

### **Respond to heat-related illnesses:**

- CALL CAMPUS POLICE AT 911 (campus phone) or 704-687-2200 (cell phone).
- While waiting, move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the worker with water.

### **Group Discussion Topics:**

- Has anyone experienced a heat-related illness? If so, how could it have been prevented?
- What are some measures to prevent heat-related illness?
- How should a heat-related illness be reported?
- What should you do if a coworker shows signs of heat-related illness?
- Supervisors: what steps should you take to protect employees from heat-related illnesses?