

UMBC Heat Safety Program

Appendix B: Information on Heat-Related Illnesses and Medical Emergencies

Emergency Notifications:

Contact Campus Police at 410-455-5555 (ext. 5-5555) or call 911* if someone is experiencing a medical emergency, or exhibits signs of severe heat illness, such as:

- Abnormal behavior
- Slurred speech
- Seizures
- Loss of consciousness

***If you are at an off-campus location, call 911.**

Heat Stroke

Cause:	<ul style="list-style-type: none">• Body is unable to cool itself and regulate core body temperature.• This is a serious and life-threatening condition that requires immediate medical attention. CALL 9-1-1
Preventative Measures:	<ul style="list-style-type: none">• Acclimatization to heat helps reduce salt and water loss.• Drink adequate amounts of water throughout the day.• Take small breaks in shade.• Protect skin against sunburn which reduces the body's ability to cool itself.
Signs and symptoms:	<ul style="list-style-type: none">• Elevated core body temperature above 103.2 F• Hot, dry skin or heavy sweating• Mental confusion, agitation and/or irrational behavior• Clumsiness• Slurred speech• Seizures or convulsions
First Aid:	<ul style="list-style-type: none">• Call 9-1-1 Immediately• Provide immediate and aggressive cooling to the body.• Elevate feet above heart level.• Pack ice in groin and armpit areas.• Soak skin with cool water and fan rapidly and vigorously.• Administer CPR, if trained and as needed, until EMS arrives

Heat Exhaustion

Cause:	<ul style="list-style-type: none">• Body is unable to cool. This is a serious condition that can lead to a life-threatening heat stroke.
Preventative Measures:	<ul style="list-style-type: none">• Acclimatization to heat helps reduce salt and water loss.• Drink adequate amounts of water throughout the day.• Take small breaks in shade.• Protect skin against sunburn which reduces the body's ability to cool itself.
Signs and symptoms:	<ul style="list-style-type: none">• Elevated core body temperature of 99.6 to 101.4 F• Weak but rapid pulse• Excessive sweating, headache, fatigue dizziness
First Aid:	<ul style="list-style-type: none">• Seek immediate care (call 9-1-1).• Move to a cool location.• Have them drink small amounts of cool water.• Spray skin with cool water and fan rapidly.• Monitor body temperature and continue cooling efforts.

Heat Cramp

Cause:	<ul style="list-style-type: none">• Depletion of salt and water in the body due to excessive sweating. This is a precursor to more serious heat exhaustion and/or heat stroke.
Preventative Measures:	<ul style="list-style-type: none">• Acclimatization to heat helps reduce salt and water loss.• Drink adequate amounts of water throughout the day.• Salt your foods to taste.
Signs and symptoms:	<ul style="list-style-type: none">• Muscle cramps, spasms and/or pain• Common to major muscles used for work (arms, legs, abdominals and back muscles)
First Aid:	<ul style="list-style-type: none">• Move the person to a cool location.• Provide the person with an electrolyte replacement fluid to replace lost salt and water.
	<ul style="list-style-type: none">• Seek medical treatment if cramps persist or other heat-illness symptoms develop (elevated body temperature, elevated heart rate, headache, dizziness, etc.).

Heat Rash

Cause:	<ul style="list-style-type: none">• Irritation of skin due to excessive sweating.
Preventative Measures:	<ul style="list-style-type: none">• Wear loose fitting clothing that allows sweat to dissipate.• Wear freshly laundered clothing each day.• Avoid working in sweat-soaked clothing for prolonged periods.• Wash sweat-soaked areas with mild soap and water and dry thoroughly at breaks and after your shift ends.
Signs and symptoms:	<ul style="list-style-type: none">• Itchy and painful clusters of red blisters.• Common to neck, chest, groin, armpits and creases of the elbows and knees.
First Aid:	<ul style="list-style-type: none">• Move person to a cool location.• Have person take a cool shower.• Thoroughly dry the skin following the shower.• Continue to ensure skin is cleaned and dried.• Seek medical attention if rash persists for more than two days or if rash becomes infected.