

“SAFE SUGGESTIONS”
FROM PUBLIC SAFETY/UNIVERSITY POLICE SERVICES
Safety Tips for the California State University, Stanislaus Campus Community



Summer has officially Started! And with that comes the Valley Heat!

Please be sure to take extra precautions during times of extreme heat. Following is some information regarding Heat Illness and what you can do to prevent becoming a victim of Heat Illness.

There are four different types of Heat Illnesses:

Sunburn

is caused when the skin is exposed for long periods of time to radiant effects of the sun. Mild sunburn appears pink to red in color and typically is dry to the touch. Advanced sunburn may appear red in color and may feel wet due to blisters that may have erupted.

Heat Cramps

are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion

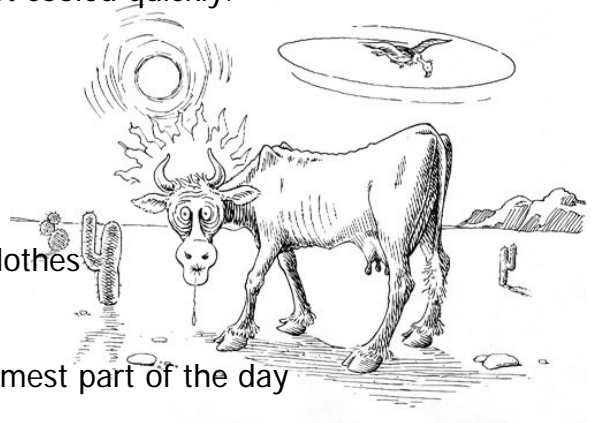
typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke

is a life threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and even death may result if the body is not cooled quickly.

What you should know / do:

- Adjust to the environment
- Stay indoors
- Eat well balanced, light, and regular meals
- Limit intake of alcoholic beverages and caffeine
- Dress in loose fitting, lightweight, light colored clothes
- Protect your skin
- Never leave children or pets in closed vehicles
- Avoid strenuous work or exercise during the warmest part of the day
- DRINK PLENTY OF WATER!



Heat Illness can quickly turn for the worse. If you suspect heat illness in yourself or a co-worker, immediately report to your supervisor or call Public Safety at 911.