

## THE HEAT AWARE CARD

Use of Temperature Indication
The cards and Work/Rest
Regimen



## WORKERS SHOULD BE SELF PACED, ACCLIMATIZED, TRAINED, AND WELL RESTED TO WORK EFFECTIVELY IN THE HEAT

- Self paced means that the person can work up to their ability but is encouraged to take regular breaks, self monitor and stop the job if they need to cool down.
- Acclimatization typically takes 2 weeks of working 2 or more hours per day in the heat. Be especially careful of people returning to work after an illness or vacation, and visitors from cooler regions.
- Well rested means having sufficient sleep and not subject to other stresses, like "out drinking" the night before.

# HEAT ILLNESSES CAN BE FATAL! BE ABLE TO RECOGNIZE THE SIGNS AND SYMPTOMS:



 Prickly Heat – Also referred to as heat rash, appears on the skin as tiny red vesicles (bumps) in areas continuously wet with un-evaporated sweat. Treated by replacing wet clothing.



 Heat Cramps – Muscle spasms caused by salt loss and dilution of tissue fluid. Cramps usually occur during or shortly after work that involves profuse sweating. Treatment involves movement into cool environment and drinking fluids.



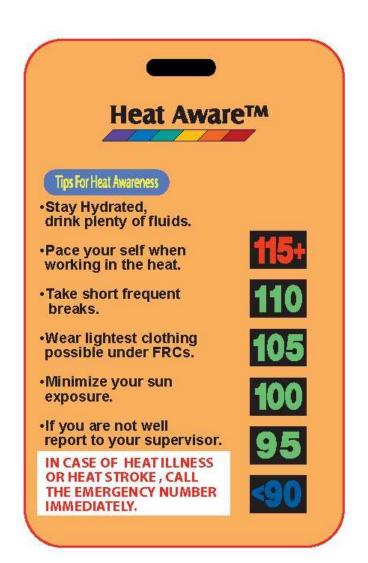
 Heat Exhaustion – Generally a mild form of heat disorder resulting from dehydration. Symptoms may include clammy skin, pale complexion, fatigue, nausea, and headache. Treatment involves movement into a cool environment and drinking fluids.



• Heat Stroke – A Medical Emergency. It is the result of the failure of the body's cooling mechanism and can result in death if not immediately treated. Symptoms include hot, dry skin, confusion, loss of consciousness and convulsions. Treatment involves the rapid cooling of the body and immediate medical attention (Call 911 for help).

#### SIDE 1 – THERMOMETER & BASIC PRECAUTIONS

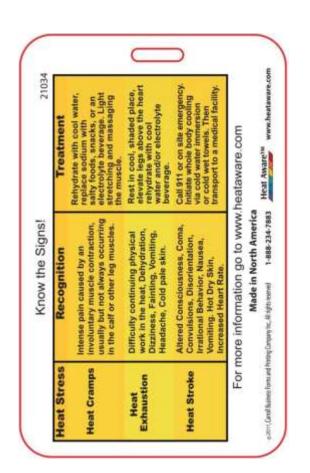
- Thermometer MUST be read in the shade
  - Failure to do so produces false high readings
- In emergencies, be sure and call the emergency number 911
- Carry the card with you during the warm months, or until end of October.

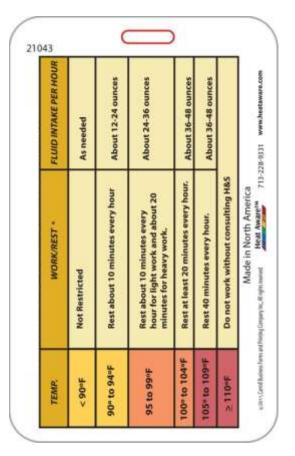


### SIDE 2 – SIGNS, SYMPTOMS & TREATMENT

Compare temperature reading on Side 1 to table on Side 2







HATS-20A "Signs and Symptoms" Backer; HATS-20B "Fluid Intake" Backer

#### USE AND CARE OF THE HEAT AWARETM THERMOMETER (1/2)

- 1. Read the Heat Aware card in the shade by turning away from the sun or going to a shaded spot. Sunlight causes false high readings! Keep the card in your pocket or shielded from the sun in your card holder.
- 2. The thermometer updates every 20 seconds. Let the reading stabilize for 1-2 minutes.
- 3. The color of the number changes as the temperature increases:
  - Yellow = the actual temperature is approaching the number.
     (Good news, this gives an early warning!)
  - Green = the reading is accurate to  $\pm$  -2 °F.
  - Blue = the actual temperature is higher than the number. At this
    point the next higher number on the scale may become yellow
    at the same time.
  - Red = Applies only to > 115 °F. Appears when the temperature is between 115 - 135 °F.

#### USE AND CARE OF THE HEAT AWARETM THERMOMETER (1/2)

- 4. Follow the heat stress precautions for the temperature according to the table provided. For temperatures above 100 °F a more accurate reading can be obtained when needed.
- 5. Always store the card in the shade. When not using it, keep it in a cool dry place. Long term continuous high heat (like storing it in the cab of your pick up) can damage the thermometer.

# Heat Aware<sup>TM</sup>

www.heataware.com