

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 .

Heat Aware™

Tips For Heat Awareness

- Stay Hydrated, drink plenty of fluids.
- Pace your self when working in the heat.
- Take short frequent breaks.
- Wear lightest clothing possible under FRCs.
- Minimize your sun exposure.
- If you are not well report to your supervisor.

IN CASE OF HEAT ILLNESS OR HEAT STROKE, CALL THE EMERGENCY NUMBER IMMEDIATELY.

Temperature scale: 115+, 110, 105, 100, 95, <90

SIDE 2 – SIGNS, SYMPTOMS & TREATMENT

Compare temperature reading on Side 1 to table on Side 2

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115+

110

105

100

95

<90

21034

Know the Signs!

Heat Stress	Recognition	Treatment
Heat Cramps	Intense pain caused by an involuntary muscle contraction, usually but not always occurring in the calf or other leg muscles.	Rehydrate with cool water, replace sodium with salty foods, snacks, or an electrolyte beverage. Light stretching and massaging the muscle.
Heat Exhaustion	Difficulty continuing physical work in the heat, Dehydration, Dizziness, Fainting, Vomiting, Headache, Cold pale skin.	Rest in cool, shaded place, elevate legs above the heart, rehydrate with cool water and/or electrolyte beverage.
Heat Stroke	Altered Consciousness, Coma, Convulsions, Disorientation, Irrational Behavior, Nausea, Vomiting, Hot Dry Skin, Increased Heart Rate.	Call 911 or on site emergency. Initiate whole body cooling via cold water immersion or cold wet towels. Then transport to a medical facility.

For more information go to www.heataware.com

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TEMP.	WORK/REST *	FLUID INTAKE PER HOUR
< 90°F	Not Restricted	As needed
90° to 94°F	Rest about 10 minutes every hour	About 12-24 ounces
95 to 99°F	Rest about 10 minutes every hour for light work and about 20 minutes for heavy work.	About 24-36 ounces
100° to 104°F	Rest at least 20 minutes every hour.	About 36-48 ounces
105° to 109°F	Rest 40 minutes every hour.	About 36-48 ounces
≥ 110°F	Do not work without consulting H&S	

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

USE AND CARE OF THE HEAT AWARE™ 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 $\pm 2^{\circ}\text{F}$.
 - 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 $> 115^{\circ}\text{F}$. Appears when the temperature is between $115 - 135^{\circ}\text{F}$.

USE AND CARE OF THE HEAT AWARE™ 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.

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