



## HEAT DISORDERS & ADVISORIES

In Texas, the summers pose a special danger to persons who work or exercise outdoors. The National Weather Service (NWS) issues heat advisories based upon the above scale when forecasted temperature and humidity values may pose a danger.

*Heat Disorders' can occur from any of the following conditions:*

- ❖ Prolonged Exposure to the Sun
- ❖ Dehydration
- ❖ High "Temperature-Humidity Indices"
- ❖ Overexertion

### The range of heat disorders are:

- ◆ SUNBURN - Redness and pain to exposed skin areas.
- ◆ HEAT CRAMPS - Painful spasms usually in the legs and abdomen. Heavy sweating.
- ◆ HEAT EXHAUSTION - Heavy sweating, weakness, skin which is cold to the touch, nausea, and possible fainting.
- ◆ HEAT STROKE / SUNSTROKE - High body temperature (106 degrees or higher), hot and dry skin, rapid pulse and possible unconsciousness.

**Persons experiencing Heat Exhaustion or Heat/Sunstroke require immediate medical assistance. Call 911 from any College phone, or 972-860-4290 by cell phone.**

*Know the signs of heat related disorders and what you can do to prevent the onset of these conditions as you enjoy the summer.*