

# Safety Tips



It starts with Scouts.

## HEAT ILLNESSES

Heat illnesses are preventable. They are mainly caused by over-exposure to heat and/or over-exertion in the heat.



Prepare for the heat:

- Stay informed about local weather forecasts & alerts so that you know when to take extra precautions.
  - Ensure you have plenty of liquids (especially water) available throughout the day and drink before you feel thirsty to decrease the risk of dehydration.
  - Dress for the weather – wear loose-fitting, light-coloured clothing preferably made of breathable fabric.
  - Always wear a hat – preferably with a wide brim
  - Ensure you apply plenty of sunscreen (that has UVA/UVB protection, SPF 15 or higher) throughout the day – Sunburned skin loses its sweating efficiency making it harder for your body to regulate its temperature.
- Wear sunglasses that have UVA/UVB protection
  - If possible, plan activities in shaded areas – a shaded area can be as much as 5 degrees Celsius cooler.

During times of extreme heat it is most important to keep cool and hydrated. Heat illnesses can affect you quickly. Pay close attention to how you and those around you feel.



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## Signs & Symptoms of a Heat Illness

- Changes of behaviour, sleepiness, mood-swings, confusion
- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Muscle cramps (heat cramps)
- Rash
- Swelling of hands, feet and ankles (heat edema)
- Decrease urination with unusually dark yellow urine

If you recognize any of these symptoms in yourself or someone else move to a cool place and drink liquids – water is always best. Apply cold water to large areas of their skin or clothing. Seek medical attention ASAP.

Serious symptoms such as confusion and loss of consciousness should receive professional medical care/911 immediately.