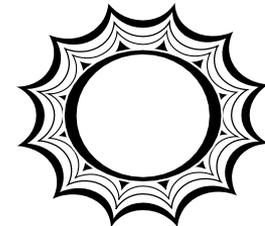


**Be Cool!**

**Beat the Heat**



**Regional School Crossing Guard  
Training Workshop**

# When Your Body Gets Hot

- Normal cool-down
- Who's at risk
- Heat-related illness
  - Heat cramps
  - Heat exhaustion
  - Heat stroke



# Heat Cramps

- Muscle pains or spasms (abdomen, arms, legs)
- What to do
  - Stop activity and sit in a cool place
  - Drink clear fluids or a sports beverage
  - Get medical help if cramps last longer than one hour

# Heat Exhaustion

- Who?- elderly, high blood pressure, work in hot environment
- Warning signs
  - Heavy sweating
  - Paleness
  - Tiredness
  - Weakness
  - Headache
  - Nausea/vomiting
  - Fainting

# Heat Exhaustion- What to do

- Seek help immediately if history of heart problems or high blood pressure
- Cool off
  - Drink cool, non-alcoholic beverages
  - Rest
  - Take a cool shower, bath, sponge bath
  - Get to the air conditioning

# Heat Stroke

- It's a medical emergency!!!!
- Warning signs
  - Red, hot, dry skin (no sweating)
  - Throbbing headache
  - Dizziness
  - Nausea
  - Confusion
  - Unconsciousness



# Heat Stroke- What to do

- Call 911
- Get victim to shady area
- Rapid cool down
  - Cool tub, shower
  - Spray with garden hose
  - Wet sheet, fan
  - NO alcoholic beverages

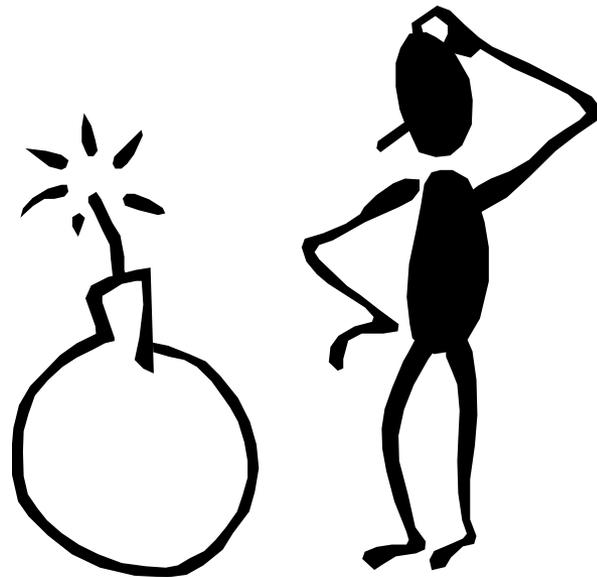
# Prevention is the Key

- Drink fluids
- Avoid fluids with caffeine, alcohol, or large amounts of sugar
- Rest in shady areas
- Wear lightweight clothing and wide-brimmed hat

# Be Sun Savvy

Excessive exposure to the sun can cause

- Premature aging and changes in skin texture
- Cataracts
- Skin Cancer



# Who's at Risk?

- Unprotected and/or excessive exposure
- Fair complexion
- Blue or green eyes
- Blond or red hair
- Family history
- History of sunburns early in life



# Signs of Skin Cancer

- Any change on the skin
- Scaliness, oozing, bleeding of bump or nodule
- Spread of pigmentation beyond border
- Change in sensation, itchiness, tenderness, or pain

# Protect Your Skin

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wear sunglasses
- Check your skin



# Slip on a Shirt

- Loose fitting
- Long sleeve shirt and long pants
- Tightly woven fabric



# Slop on Sunscreen

- UVA and UVB
- At least SPF of 15
- Generous amounts and re-apply often

# Slap on a Hat

- Tight weave
- Wide brim that shades faces, ears, neck
- Baseball cap plus sunscreen



# Final Reminders

- Grab sunglasses
- Know the warning signs
- Check skin monthly

