Heat and Sun Dangers

Carley Lauer

Sun and Heat Damage

- Heat stroke, heat exhaustion, heat cramps, or heat rashes
  - Symptoms include: Confusion, seizures, headache, nausea, muscle cramps or not sweating
- Heat stress can increase the risk of injuries in workers
  - Sweat palms
  - Fogged glasses
  - Dizziness
- Sunburns
- Long term dangers such as cancer
- Humidity can reduce the degree to which the body cools off
  - Making it easier to suffer a heat related illness
Preventing Sun damage

• Sunscreen!
  • Even SPF 15 every day can help prevent sun damage and improve skin quality

• Cover up
  • You can still get sunburnt through clothes
  • Wear sunglasses

• Stay hydrated
  • Avoid alcohol or caffeine

• Wear light, loose fitting clothes
  • Cotton, not black

• Take breaks in the shade

Personal Stories

• Lifeguard
  • Had to call ambulance for a man
  • Drinking beer all day (dehydrated)
  • Out in the sun ~6 hours, no protection

• Working at a plant
  • 1 week visit in Midland Texas. Couldn’t bring sunscreen on plane
    • Only spf 15 available at the plant
    • Outside for ~3 hours
  • Got burns and sun poisoning