

# INSURANCE BULLETIN: EXTREME HEAT

Summer and fall can bring extended periods of extreme temperatures. Church outings can include outdoor activities, realizing that even short periods of exposure to this extreme heat can cause serious health problems. Extended periods and activities outdoors during periods of high heat can cause heat cramps, heat exhaustion and even heat stroke. Insurance Board wants to make sure that everyone is safe as the temperatures go up. Here are some tips to cope.

- **Recognize the signs of heat-related illnesses**

- Muscle aches or spasms
- Nausea
- Fatigue or exhaustion
- Heavy sweating
- Cold, clammy skin
- Dizziness
- Giddiness
- Fainting
- Red, hot and dry skin with no sweat
- Rapid pulse
- Confusion
- Convulsions
- High body temperature (above 103 degrees)

- **Prevent heat related illness**

- Wear loose-fitting, lightweight, light-colored clothing and wear a hat to protect your face
- If you are outside, find shade and avoid being active for long periods in the heat until you are acclimated (this can take days or weeks)
- Postpone games or activities that require strenuous effort
- Find a cool place during the hottest periods of the day
- Avoid sunburn
- Drink plenty of water, even if you are not thirsty and limit the amount of caffeine, alcohol, salt and sugary drinks
- Do not leave anyone (child or adult) inside a vehicle
- Take extra precautions with medications
- Avoid hot meals

- **Prepare for extended extreme heat**

- Cover all windows to limit the amount of direct sunlight
- Inspect all weather stripping on doors and windows and if it is in disrepair, replace it immediately
- Add insulation in walls and ceilings to help your building retain its cool air
- Install a roof vent or fan to help limit the amount of hot air trapped in the attic
- Learn how to identify and treat heat-related emergencies
- Install window or wall mounted air-conditioners (if necessary)
- Ventilate closed areas.
- Adjust working hours to take advantage of the cool morning or evening hours, avoiding the hottest part of the day.
- Plan frequent breaks.

Sources:

<https://www.cdc.gov/disasters/extremeheat>

<https://www.ready.gov/heat>