HEAT WAVE:

A Major Summer Killer

During the last 10 years, an average of 170 Americans died each year from excessive heat. Before this 10-year period, more than 1,250 lives were claimed by the heat wave of 1980.

The National Weather Service has stepped up its efforts to alert the general public to the hazards of heat waves. Based on the latest research findings, the NWS has devised the ñHeat Index,ò or HI. The HI, given in degrees Fahrenheit, is an accurate measure of how hot it really feels when relative humidity is added to the actual air temperature. To find the HI on the Heat Index Chart below, find the relative humidity on the left side of the table and the air temperature across the top of the table. The HI is at the intersection of the relative humidity row and temperature column.

Heat Index Chart								
Relative Humidity	**Actual Temperature – Fahrenheit**							
	82	**86**	**90**	**94**	**98**	**102**	**106**	**110**
40%	81	85	91	97	105	114	124	136
45%	82	87	93	100	109	119	130	
50%	83	88	95	103	113	124	137	
55%	84	89	97	106	117	130		
60%	84	91	100	110	123			

Heat Cramps: Painful muscle spasms may occur, generally in the legs and/or abdomen. Treat with sips of fluids, focusing on electrolyte replacement If nausea occurs, discontinue fluids. Gently massaging cramping muscles with firm pressure may relieve muscle spasms, but won't fix the problem by itself.

Heat Exhaustion: Heavy sweating, weakness, skin is cold, pale, and clammy. Pulse is weak and shallow. Normal temperature is possible. Fainting and vomiting may occur. Get the victim out of the sun. Lay him or her down and loosen clothing. Apply cool, wet cloths.

Heat Stroke (or Sunstroke): High body temperature (≥105 º), extreme electrolyte and fluid loss, skin is generally hot/dry but can be cool/clammy and pulse is rapid and weak. Classic heat stroke includes a high body temperature (≥105 º) and an altered level of consciousness caused by an extreme loss of electrolytes and body fluids.

See Warning Box

Warning: *Heat stroke is a severe medical emergency.* ***Summon Emergency Medical Assistance Or Get The Victim To A Hospital Immediately.*** *Delay Can Be Fatal.* ***Do not give fluids.*** *Move victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use fans or air conditioning. If victim's*