



HOBART AND WILLIAM SMITH
COLLEGES

Emergency Action Plan (EAP) HEAT SAFETY

1. HEAT ADVISORY IN THE UNITED STATES

While Geneva, N.Y. may not commonly face dangerously high temperatures, the region, including the HWS campus, occasionally experiences high temperatures that could pose a hazard. Extreme heat can be dangerous or even life-threatening for people, especially the elderly, people with chronic illnesses, the young (under age four) and those who are overweight. It is the number one weather-related killer. Common-sense preparations can save lives.

2. HEAT DISORDER SYMPTOMS

- **Sunburn:** Redness and pain. In severe cases swelling of skin, blisters, fever, headaches.
 - First aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing.
 - Serious, extensive cases should be seen by physician.
- **Heat Cramps:** Painful spasms usually in the muscles of legs and abdomen, accompanied by heavy sweating.
 - First aid: Firm pressure on cramping muscles or gentle massage to relieve spasms. Give sips of water. If nausea occurs, discontinue water.
- **Heat Exhaustion:** Heat exhaustion is one of the heat-related syndromes. Symptoms range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Heat exhaustion can begin suddenly, usually after working or playing in the heat, perspiring heavily or being dehydrated.
 - Heat exhaustion signs and symptoms include:
 - Faintness or dizziness.
 - Nausea or vomiting.
 - Heavy sweating often accompanied by cold, clammy skin.
 - Weak, rapid pulse.
 - Pale or flushed face.
 - Muscle cramps.
 - Headache.
 - Weakness or fatigue.

EAP-Heat Safety

HWS Campus Safety emergency line-dial ext. 3333 from any on-campus phone
From cell phone while on campus-dial (315) 781-3333
Off campus-dial 911

▪ **If you suspect heat exhaustion**

Untreated, heat exhaustion can lead to heatstroke, which is a life-threatening condition. If you suspect heat exhaustion, take these steps immediately:

- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and elevate the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully.
- Call 911 or your local emergency number if the person's condition deteriorates, especially if he or she experiences:
 - Fainting
 - Confusion
 - Seizures
 - Fever of 104° F (40° C) or greater
- **Heat stroke** (or sunstroke): High body temperature (106° F or higher), hot dry skin, rapid and strong pulse, possible unconsciousness. **Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal!**
 - While waiting for emergency assistance, move the victim to a cooler environment and reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do NOT give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.
 - Heatstroke symptoms include:
 - **High body temperature:** A body temperature of 104° F (40° C) or higher is the main sign of heatstroke.
 - **Altered mental state or behavior:** Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.
 - **Alteration in sweating:** In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel moist.
 - **Nausea and vomiting:** You may feel sick to your stomach or vomit.
 - **Flushed skin:** Your skin may turn red as your body temperature increases.
 - **Rapid breathing:** Your breathing may become rapid and shallow.

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- **Racing heart rate:** Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.
- **Headache:** Your head may throb.

- **If you suspect heat stroke**

If you think a person may be experiencing heatstroke, immediately notify Campus Safety (on-campus dial ext. 3333, cell phone on campus dial (315) 781-3333, off campus dial 911).

- Take immediate action to cool the overheated person while waiting for emergency treatment.
- Get the person into shade or indoors.
- Remove excess clothing.
- Cool the person with whatever means available—put in a cool tub of water or a cool shower, spray with a garden hose, sponge with cool water, fan while misting with cool water or place ice packs or cold, wet towels on the person's head, neck, armpits and groin.

3. HEAT WAVE TERMS

- **Heat Index or “Apparent Temperature”:** An estimate of the temperature that the body feels when the effects of heat and humidity are combined. Note that exposure to direct sunlight can increase the heat index by as much as 15° F.
- **Excessive Heat Outlook:** A heat wave may develop in the next three to seven days.
- **Excessive Heat Watch:** Conditions are favorable for a heat wave (high Heat Index) in the next 12 to 48 hours.
- **Heat Advisory:** An uncomfortable, potentially dangerous heat wave (daytime highs from 100-105° F) is forecast within the next 36 hours.
- **Excessive Heat Warning:** A dangerous heat wave (daytime highs from 105-110° F) is forecast within the next 36 hours.

Do not hesitate to contact Campus Safety if you need assistance.

- Emergency assistance (on campus dial ext. 3333, cell phone on campus dial (315) 781-3333, off campus dial 911).
- For non-emergency assistance dial (315) 781-3000.

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