



MISSISSIPPI STATE UNIVERSITY™  
MS AGRICULTURAL AND FORESTRY  
EXPERIMENT STATION

# MAFES DAWG TRACKS

Temperatures here in Mississippi now are crazy hot, so it's critical that you take care of yourself & others!

**ARE YOU DOING THESE 2 THINGS WHEN WORKING?**

- Have cold water/Gatorade readily available - Stay hydrated.
- Have shade/air-conditioned break area nearby - Take breaks frequently.

**Heat exhaustion**

Symptoms

- Feeling faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

Treatment

- Get to a cool, air-conditioned place.
- Drink water if fully conscious.
- Take a cool shower.
- Use a cold compress.

**Heatstroke**

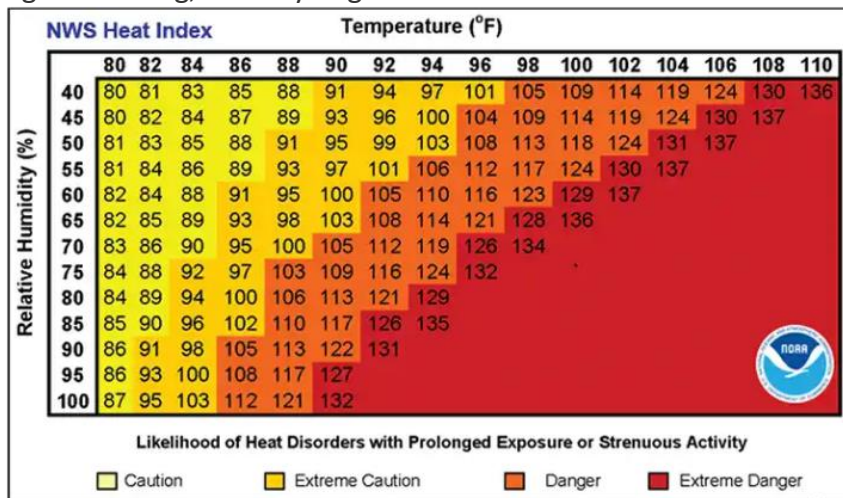
Symptoms

- Throbbing headache
- No sweating
- Body temperature above 103° F
- Red, hot, dry skin
- Rapid, strong pulse
- Loss of consciousness

Treatment

- Call 911.
- Take immediate action to cool the worker until help arrives.

The heat index is “an accurate measure of how hot it really feels when the effects of humidity are added to high temperature,” according to the National Weather Service. NWS advises “caution” when the heat index reaches 80° F and “extreme caution” at 90° F. A heat index between 105° F and 129° F gets a “danger” warning, and any degree above 129° F elicits an “extreme danger” warning.



For more info contact:

**Leslie Woolington**

MAFES/MSU-ES Risk Mgmt.

[LHW4@msstate.edu](mailto:LHW4@msstate.edu) 662-325-3204

**Sources:**

Keep workers safe during hazardous heat | [Safety+Health\(safetyandhealthmagazine.com\)](http://Safety+Health(safetyandhealthmagazine.com))

[Weather.gov](http://Weather.gov) and [SacramentoReady.org](http://SacramentoReady.org)