

SAFETY NEWSLETTER

UTAH DIVISION OF WILDLIFE RESOURCES | SUMMER 2023



Heat Stress

The human body is normally able to regulate its temperature through sweating, unless it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage, and even death. In 2021, the National Oceanic and Atmospheric Administration (NOAA) reported that 201 people died and 67 were injured in the U.S. due to weather-related excessive heat. It is vital to have safety information available at all times and consider downloading the OSHA-NIOSH Heat Safety app.

People most at risk include:

- Those who work in the heat
- Infants and young children, especially if left in hot cars
- People aged 65 and older
- People who are ill, have chronic health conditions, or are on certain medications
- People who are overweight

Knowing the symptoms and proper response to these illnesses can save a life.

Heat Exhaustion—symptoms include:

- Pale, ashen, or moist skin
- Muscle cramps
- Fatigue, weakness, or exhaustion
- Headache, dizziness, or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke. Take the following actions:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, non-alcoholic beverages
- Apply wet towels or have victims take a cool shower



Heat Stroke—symptoms include:

- Body temperature above 103 degrees
- Skin that is flushed, dry, and hot to the touch; sweating has stopped
- Rapid breathing
- Headache, dizziness, confusion, or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness

Immediately take action:

- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Cool the victim by immersing them up to the neck in cold water (with help)
- Keep cooling until the body temperature drops to 101 degrees



Water Sports

As we embrace the summer season, it's important to prioritize water safety for our enjoyment and well-being. Here are some essential tips to keep in mind:

- Learn to Swim: Consider taking swimming lessons to enhance your water safety skills. Find local swimming lessons or programs through the American Red Cross: [Find Swimming Lessons - American Red Cross](#)
- Supervise Children Constantly: [Prevent Child Drownings - CDC](#)
- Wear Life Jackets: Always wear U.S. Coast Guard-approved life jackets or personal floatation devices (PFDs) while boating or participating in water activities. [Choosing the Right Life Jacket - U.S. Coast Guard](#)
- Be Mindful of Water Conditions: Check for strong currents, warnings, or advisories before swimming in natural bodies of water. Swim in designated areas with lifeguards whenever possible. [Beach Safety - NOAA](#)
 - Practice Safe Boating: Wear life jackets while boating and follow boating safety guidelines. [Boating Safety - U.S. Coast Guard](#)
 - Stay Hydrated and Protected: Drink plenty of water and apply waterproof sunscreen with a high SPF. [Sun Safety Tips - American Academy of Dermatology](#)



Remember, water safety is essential for a fantastic summer experience. By following these tips and staying informed, we can ensure a safe and enjoyable time for all.

Stay safe and make a splash!