

July 2025 hotel calendar: Heat exhaustion



Heat exhaustion is a dangerous stage of hyperthermia which if not observed and corrected could lead to severe injury or death. Heat exhaustion occurs when the body cannot dissipate heat fast enough and the body temperature rises. When the body temperature reaches 101F heat exhaustion symptoms begin. At 104F or above, an individual will experience heat stroke. This is a life-threatening condition.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Excessive sweating	2 Rapid pulse	3 Dizziness and nausea	4 Headache	5 Weakness and fainting
Week 1: Symptoms of heat exhaustion						
6 Caffeine consumption	7 Alcohol consumption	8 Taking some prescription medications	9 Dehydration	10 Overwork in hot conditions	11 Lack of rest	12 Strenuous exercise
Week 2: Activities that can contribute to heat exhaustion						
13 Relocate to a cool, shaded or air-conditioned area	14 Drinking cool fluids esp. water	15 Loosen or remove excessive clothing	16 Use of fans and/or misting equipment	17 Cool shower or bath	18 Rest	19 Seek medical attention
Week 3: Remedial actions for heat exhaustion						
20 Stay hydrated	21 Maintain a healthy weight and diet	22 Stop work if feeling ill	23 Monitor temperature and humidity	24 Take periodic breaks in a cool area	25 Use of personal cooling garments — PPE	26 Education on conditions, signs and symptoms
Week 4: Heat exhaustion prevention						
27	28	29	30	31		



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Week 1	Week 2	Week 3	Week 4
Symptoms of heat exhaustion	Activities that can contribute to heat exhaustion	Remedial actions for heat exhaustion	Heat exhaustion prevention
<div>1. Excessive sweating</div> <div>2. Rapid pulse</div> <div>3. Dizziness and nausea</div> <div>4. Headache</div> <div>5. Weakness and fainting</div>	<div>1. Caffeine consumption</div> <div>2. Alcohol consumption</div> <div>3. Taking some prescription medications</div> <div>4. Dehydration</div> <div>5. Overwork in hot conditions</div> <div>6. Lack of rest</div> <div>7. Strenuous exercise</div>	<div>1. Relocate to a cool, shaded or air-conditioned area</div> <div>2. Drinking cool fluids esp. water</div> <div>3. Loosen or remove excessive clothing</div> <div>4. Use of fans and/or misting equipment</div> <div>5. Cool shower or bath</div> <div>6. Rest</div> <div>7. Seek medical attention</div>	<div>1. Stay hydrated</div> <div>2. Maintain a healthy weight and diet</div> <div>3. Stop work if feeling ill</div> <div>4. Monitor temperature and humidity</div> <div>5. Take periodic breaks in a cool area</div> <div>6. Use of personal cooling garments — PPE</div> <div>7. Education on conditions, signs and symptoms</div>