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.



Copyright © 2025 Verita. All rights reserved. VER-1669521560/06/2025

veritainc.com

Verita.

Saturday 5

Independence Day

Weakness and fainting

12 Strenuous exercise

19 Seek medical attention

Use of personal cooling

26 Education on conditions, signs and symptoms

July 2025

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.

Week 1 Symptoms of heat exhaustion	Week 2 Activities that can contribute to heat exhaustion	Week 3 Remedial actions for heat exhaustion
 Excessive sweating Rapid pulse Dizziness and nausea Headache Weakness and fainting 	 Caffeine consumption Alcohol consumption Taking some prescription medications Dehydration Overwork in hot conditions Lack of rest Strenuous exercise 	 Relocate to a cool, shaded or air-conditioned area Drinking cool fluids esp. water Loosen or remove excessive clothing Use of fans and/or misting equipment Cool shower or bath Rest Seek medical attention

Disclaimer

Verita CSG, Inc. (d/b/a Verita CSG Insurance Services, Inc. in the States of California and New York) ("Verita") is a general agent with its principal place of business in Portsmouth, New Hampshire (CA license #: 0660690). Verita underwrites insurance business on behalf of certain non-affiliated insurance companies subject to pre-approved underwriting guidelines. Verita is licensed as a property casualty insurance agency in all states in which products are offered. Availability and qualification for coverage, terms, rates and discounts may vary by jurisdiction. Policy obligations are the sole responsibility of the issuing insurance carrier. Coverage under any insurance policy is subject to the terms and conditions of that policy and is ultimately the decision of the buyer. Verita receives commission and/or additional compensation from its insurance company partners in connection with its sale of insurance to you.

The information contained herein is provided for information purposes only is not intended to constitute legal, medical or other professional advice and should not be relied upon in lieu of consultation with your own legal and/or other professional advisors. Some of the information, examples and suggestions presented in this material may be compiled by third party sources we consider to be reliable, however we do not guarantee and are not responsible for the accuracy of such information. We assume no duty in contract, tort, or otherwise in connection with this publication and expressly disclaim, to the fullest extent permitted by law, any liability in connection with this publication. Verita CSG, Inc. does not undertake to update the information included herein after the date of publication. Accordingly, readers should be aware that certain content may have changed since the date of this publication.

Copyright © 2025 Verita. All rights reserved. VER-1669521560/06/2025

Week 4

Heat exhaustion prevention

- 1. Stay hydrated
- 2. Maintain a healthy weight and diet
- 3. Stop work if feeling ill
- 4. Monitor temperature and humidity
- 5. Take periodic breaks in a cool area
- 6. Use of personal cooling garments — PPE
- 7. Education on conditions, signs and symptoms