

SIZZLE SAFELY

UNDERSTANDING HEAT ILLNESS

- HEAT RELATED ILLNESSES OCCUR WHEN THE BODY IS UNABLE TO COOL ITSELF PROPERLY, DUE TO EXCESSIVE HEAT AND HUMIDITY.
- SOUTH CAROLINA HAS A SUBTROPICAL CLIMATE. THIS MAKES THE STATE MORE PRONE TO HEAT REALATED ILLNESSES.

WHAT TO DO IF YOU SEE SOMEONE EXPERIENCING HEATED ILLNESS

- 1 GIVE THE COOL WATER TO DRINK
- 2 REMOVE ANY UNNECESSARY CLOTHING
- 3 HELP THEM INDIVIDUAL COOL DOWN WITH WATER, ICE, OR FAN
- 4 SEEK MEDICAL ATTENTION!!
- 5 STAY WITH THE INDIVIDUAL WHILE WAITING FOR MEDICAL ASSISTANCE

Ways to Stay Cool

FROM 2020-2022
APPROXIMATELY 82,673
WORKERS IN SOUTH
CAROLINA SPEND MORE
THAN HALF OF THEIR
SHIFTS OUTDOORS



SUNSCREEN



STAY HYDRATED



IN SOUTH CAROLINA
THERE ARE 1.97 MILLION
HOUSEHOLDS, 95% OF
THOSE HOUSEHOLDS HAS
SOME FORM OF AIR
CONDITIONING EQUIPMENT