

Residential Facilities

OAC 5122-30-15 (I)(K) Housekeeping and Property Maintenance

Policies and Procedures to Respond to Excessive Heat

Facility Name: _____

Policy and Procedures to respond to Excessive Heat

Extreme Heat often results in the highest number of annual deaths among all weather-related hazards. In most of the United States, extreme heat is defined as a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature. This can lead to death by overworking the human body. Remember that:

- Extreme heat can occur quickly and without warning.
- Older adults, sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index

Staff may need to keep windows shut, and draperies, shades, or blinds drawn during the heat of the day. Open windows in the evening or night hours when the air outside is cooler. Staff are to have residents move to cooler rooms during the heat of the day.

Medical Conditions and Medications Affect Body Temperature

Some medicines and medical conditions can make the body overheat, especially during hot and humid weather. When the body overheats, heat-related illness can cause death if not treated.

The following are some medical conditions that can make heat more dangerous:

- Heart disease
- Alcoholism
- Respiratory disease
- Diabetes Heat exhaustion is a mild form of heat-related illness.

This can occur while working, playing or resting. It may happen without warning, and it may not last long. Some people may need intravenous fluids so they do not lose consciousness. Heat exhaustion can happen in hot, humid weather, especially if a person does not drink plenty of fluids.

Warning signs of heat exhaustion:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness or fainting
- Weakness, dizziness, headache
- Nausea, vomiting

Things to do immediately:

- Move the resident to a cooler place inside or outside.
- Have the resident drink water or other liquids (avoid caffeinated beverages such as coffee, soda, tea and alcohol).
- Have the resident rest for a short time.
- Have the resident take a cool shower, bath, sponge bath.
- Have the resident loosen or remove clothing.
- Call a doctor if symptoms persist

Heat Stroke

Heat stroke is the most serious heat-related illness. With heat stroke, you cannot control your body temperature, so the temperature quickly rises. The body is then not able to sweat, and as a result cannot cool down. Heat stroke can cause death if not treated. Some medical conditions cause greater risk of heat stroke.

Heat Stroke Warning Signs: • Call 911 immediately.

- Confusion, unconsciousness, dizziness, nausea
- Body temperature higher than 103 degrees Fahrenheit
- Rapid, strong pulse
- Throbbing headache
- Red, hot and dry skin Seek treatment right away!
- Loosen or remove the clothing of the heat stroke victim.
- Move the victim to a cooler spot.
- Cool the victim using cool water.
- Give the victim water to drink only if he/she can talk.

- Call the emergency room for more instructions if help does not come right away.

Medication List

These medications decrease the body's response to heat:

- Almost all psychotropic medications except benzodiazepines (e.g. anti-anxiety drugs, sedatives)
- Diuretics or water pills (e.g. furosemide hydrochlorothiazide)
- Antiparkinson medications or Anticholinergics (e.g. Artane, Cogentin)
- Amphetamines (e.g. dexedrine, Adderall)
- Beta-blockers (e.g. propranolol, atenolol, nadolol)

Street drugs:

- Hallucinogens (e.g. LSD, psilocybin, "shrooms," others)
- Cocaine — all forms, including crack
- Stimulants (e.g. amphetamines, ephedra, "street speed," methamphetamine)
- Anabolic steroids/muscle building drugs
- "Club drugs" (e.g. ecstasy, MDMA)
- PCP ("angel dust")
- Ketamine ("K," "Special K")
- Bath salts These drugs decrease awareness of heat-related illness. You may not know you are in danger:
 - Alcohol, benzodiazepines and other sedatives
 - Opioids (narcotic pain medications)

Facility Procedures

If the inside temperature of any part of the facility used by the residents reaches a temperature higher than 81 staff are to take the following actions;

Staff will keep the facility cool by doing the following:

The facility will use the following; check all that apply

Central Air Conditioning

Air Conditioning located in the following rooms/areas:

Ceiling fans or box fans located in the following rooms/areas : _____

Ensure the windows are covered with drapes or shades

Open windows to allow air to circulate

Other: _____

Water: Residents must have access to ready cold water at all times, 24 hours a day. Residents can access cold water and cups as follows: _____

If the above actions do not reduce the temperature in the facility to below 81 degrees or in case of a power outage causes the temperature to exceed 81 degrees, the residents will relocate to *(insert location here)* until power is restored. If the power outage lasts longer than *(insert time)* then the residents will relocate to *(insert location)* and follow the Facility Uninhabitable Procedures.