



Beware of Heat Stress



Heat Stroke

Your body attempts to adapt to the heat through heavy sweating. You may become dehydrated as you lose water and electrolytes.



Symptoms

- Fatigue
- Nausea
- Headache
- Excessive thirst
- Muscle aches/cramps
- Weakness
- Sweats, clammy skin
- Slowed/weakened heartbeat
- Dizziness

Heat Exhaustion



MEDICAL EMERGENCY

Your body is no longer able to cool itself and your body temperature rises dangerously.

Symptoms

- Decreased sweating/urination
- Hot, flushed, or dry skin
- Rapid heart rate
- Shortness of breath
- Increased body temperature
- Confusion, agitation, seizure or loss of consciousness

Find a cool place

Air-cooling systems help reduce heat exposure.



Know the Symptoms!

Stay Hydrated

Avoid sugary, caffeinated and alcoholic drinks



Preventing Heat Stress



Take Frequent Breaks



Slow Down!

Your body needs time to adjust to the heat. Don't overexert yourself performing physical tasks.

HEATSTROKE FIRST AID



SYMPTOMS MAY INCLUDE:



DIZZINESS, FAINTING



HEADACHE, CONFUSION



HIGH BODY TEMPERATURE



NO SWEATING



FLUSHED DRY SKIN



RAPID SHALLOW BREATHING



RAPID STRONG PULSE



NAUSEA, VOMIT



WEAKNESS OR CRAMPS



SEIZURE, UNCONSCIOUSNESS



MOVE THE PERSON TO A COOL, SHADY AREA



CALL EMERGENCY MEDICAL HELP



COOL THE PERSON'S ENTIRE BODY

COOL THE PERSON BY SPRAYING COLD WATER



USE A FAN TO LOWER TEMPERATURE



PLACE COOL WET TOWELS OR ICE PACKS ON THE NECK, ARMPITS AND GROIN

REMOVE EXCESS CLOTHING



GIVE WATER TO DRINK IF THE PERSON IS FULLY CONSCIOUS



HAVE THE PERSON LIE DOWN WITH FEET ELEVATED

