

HEAT STRESS/STROKE SYMPTOMS



Headache



Sweating, cool pale, damp skin



Rapid heart rate



No sweat and dry skin



40°C+ body temperature



Dizziness or confusion



Nausea or vomiting



Rapid, shallow breathing



Weakness or cramps



Seizures or unconsciousness

HEAT STRESS/STROKE FIRST AID



Move to a cool, shady area



HEAT STROKE CALL 911!



Cool down entire body

Spray or shower with cold water



Use a fan or move to a room with air conditioning



Remove excess clothing



If conscious, give fluids (no caffeine or alcohol)

DO NOT GIVE FLUIDS IF HEAT STROKE SUSPECTED

Place cool wet towels or ice packs on neck, armpits and groin

Lie down with feet elevated

HEAT STRESS/STROKE PREVENTION



Avoid caffeine and alcohol



Frequent rest and water breaks



Wear light, loose clothes



Sunshades in parked vehicles



Avoid tasks in direct sun



Physical tasks during cooler times



Acclimate to hot conditions slowly



Keep work areas cool



Shower or mist with cool water



Use a buddy system



Review first aid plans and supplies



Monitor forecasts and prepare