

Points to Remember!

Drink plenty of water.

Recognize symptoms of heat stroke.

Dress appropriate for the weather.

Recognize Heat Stroke

Warning signs of heat stroke vary but may include:

- an extremely high body temperature (above 103 F)
- red, hot, and dry skin (no sweating)
- rapid, strong pulse
- throbbing headache
- dizziness and nausea
- confusion or unconsciousness

In hot working conditions, any of the above symptoms may signal a life-threatening emergency. If you have these symptoms or spot them in a coworker, call for immediate medical assistance while you begin cooling the victim:

- Get the victim to a cool or shady area.
- Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place in a cool shower; spray with cool water from a garden hose; sponge with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102 F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

Participant Signature(s) and Date:
