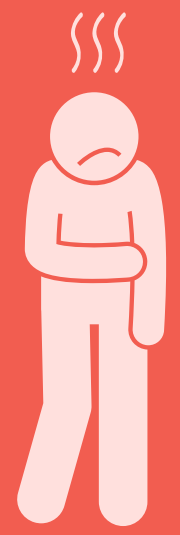




HEAT EXHAUSTION

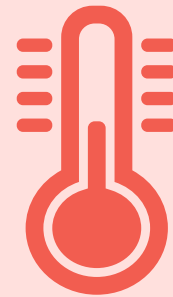
OR

HEAT STROKE



Heat Exhaustion

is the body's response to loss of water and salt from heavy sweating.



Heat Stroke

occurs when the body is unable to regulate its core temperature.

SYMPTOMS



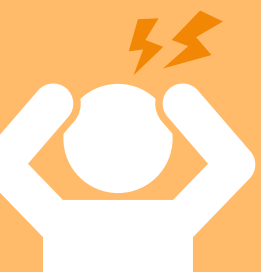
Wet Skin



Dizziness + Headache



Thirst



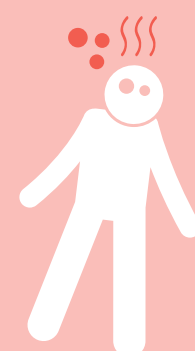
Irritability



Weakness



Fast Heartbeat



Confusion



Red, hot, dry skin



Stop sweating



Fainting



Seizures



High body temp

ACTIONS TO TAKE

If the person seems **confused**, **loses consciousness**, or has a **seizure**, this *may* be **Heat Stroke**.



Call **911 IMMEDIATELY** and apply ice as soon as possible.

Developed by:

FLEURY



RISK MANAGEMENT

fleuryrisk.com

Source

“Heat-Related Illnesses and First Aid.” Occupational Safety and Health Administration, United States Department of Labor, www.osha.gov/SLTC/heatstress/heat_illnesses.html.