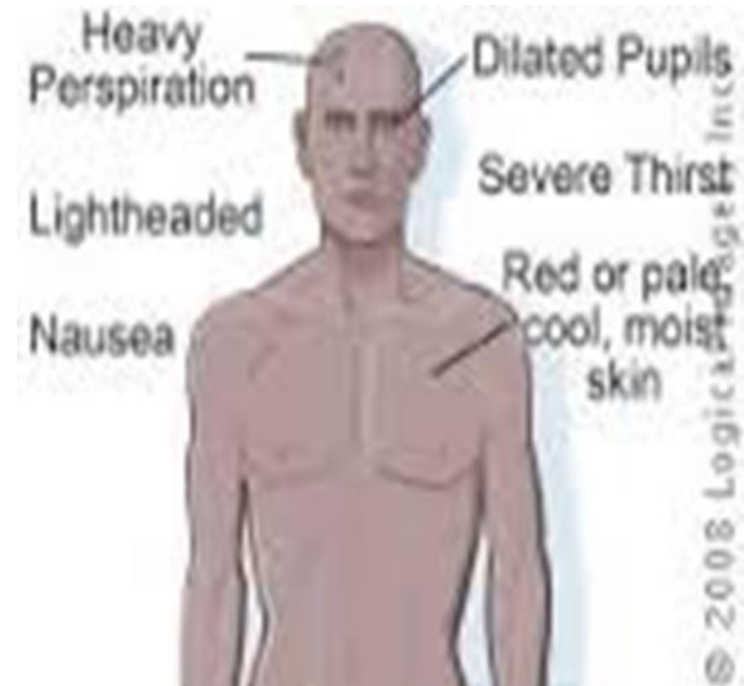


HEAT EXHAUSTION

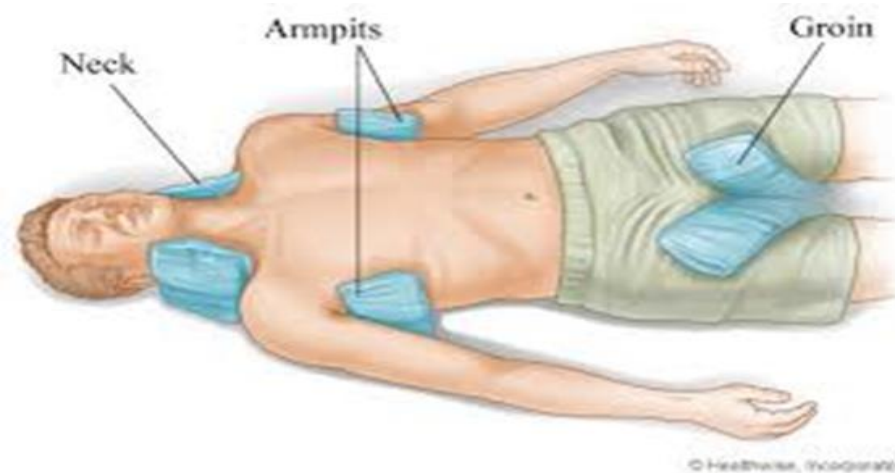
SIGNS OF HEAT EXHAUSTION:

- **PROFUSE SWEATING**
- **PALE OR FLUSHED COMPLEXION**
- **MOIST, CLAMMY SKIN**
- **WEAKNESS AND FATIGUE**
- **HEADACHE, NAUSEA, AND VOMITING**
- **SLIGHTLY ELEVATED BODY TEMPERATURE**
- **DISORIENTATION**



TREATMENT FOR HEAT EXHAUSTION:

- REMOVE THE VICTIM FROM THE HEAT.
- APPLY COOL, WET CLOTHS. FAN THE VICTIM, BUT STOP IF GOOSE BUMPS OR SHIVERS DEVELOP.
- GIVE FLUIDS IF THE VICTIM IS CONSCIOUS. IF POSSIBLE, HAVE THE VICTIM DRINK A MIXTURE OF ONE-PINT WATER WITH ONE-TEASPOON SALT EVERY 30 MINUTES UNTIL RECOVERED.
- SEEK MEDICAL ATTENTION IF THERE'S NO IMPROVEMENT.



**IF YOU SUSPECT SOMEONE IS SUFFERING FROM HEAT
EXHAUSTION,**

DON'T:

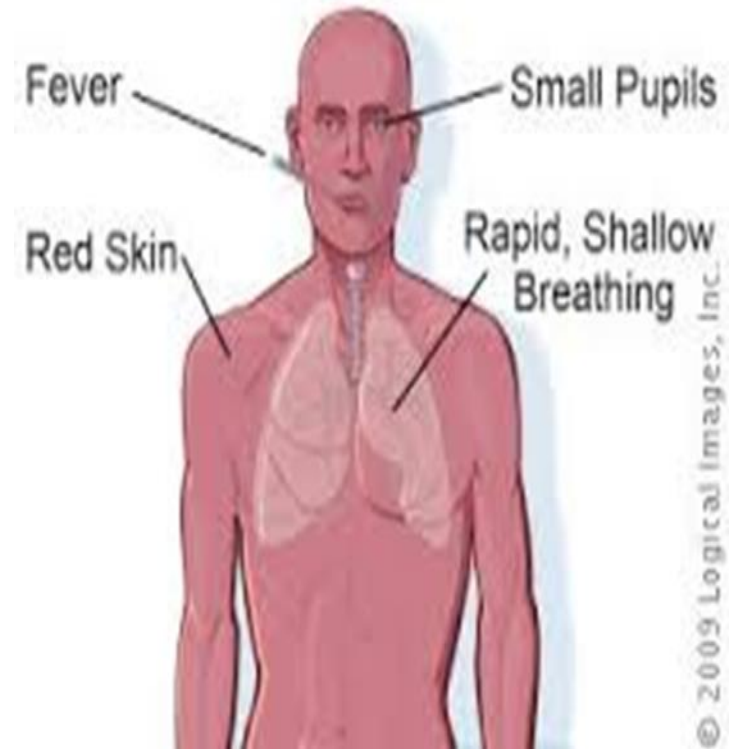
- **GIVE ANY STIMULANT, INCLUDING ALCOHOL OR CIGARETTES.**
- **APPLY ICE DIRECTLY TO THE SKIN.**
- **ALLOW THE VICTIM TO BECOME SO COLD THAT HE OR SHE SHIVERS.**
- **LEAVE THE VICTIM ALONE.**

HEAT STROKE

- **DANGER!** HEAT STROKE MAY BE FATAL

SIGNS OF HEAT STROKE

- LACK OF SWEATING
- HOT, DRY SKIN
- RED OR SPOTTED SKIN
- EXTREMELY HIGH BODY TEMPERATURE
- MENTAL CONFUSION
- CONVULSIONS
- LOSS OF CONSCIOUSNESS



TREATMENT FOR HEAT STROKE

- REMOVE THE VICTIM FROM THE HEAT.
- SEEK MEDICAL ATTENTION IMMEDIATELY.
- WHILE WAITING FOR MEDICAL HELP, COOL THE VICTIM BY SOAKING THE CLOTHING WITH COOL WATER OR BY APPLYING COOL COMPRESSES TO THE BODY.
- GIVE WATER, IF THE PERSON IS CONSCIOUS



IF YOU SUSPECT SOMEONE IS SUFFERING FROM HEAT STROKE,

DON'T:

- **GIVE ASPIRIN OR ANY OTHER MEDICATION TO LOWER THE FEVER.**
- **GIVE ANY STIMULANT, INCLUDING ALCOHOL OR CIGARETTES.**
- **APPLY ICE DIRECTLY TO THE SKIN.**
- **ALLOW THE VICTIM TO BECOME SO COLD THAT HE OR SHE SHIVERS.**
- **LEAVE THE VICTIM ALONE.**

HEAT STRESS WARNING SIGNS

HEAT EXHAUSTION

Symptoms

- Faint or Dizzy
- Headache
- Profuse Sweating
- Irritability
- Weak, Rapid Pulse
- Shallow Breathing
- Pale, Cool, Clammy Skin
- Nausea or Vomiting
- Muscle Cramps

Treatment

- 1) Have victim lie down in a cool shaded area or air conditioned area.
- 2) Drink water if victim is conscious.
- 3) Use caution when victim stands up, apply cold compresses.

HEAT STROKE

Symptoms

- Absence of Sweating
- Pulsating Headache
- Hot, Red, Dry Skin
- High Body Temp: Above 103
- Nausea or Vomiting
- Strong, Rapid Pulse
- Confusion
- Convulsions
- May Lose Consciousness

Treatment

1) DIAL 911

- 2) Take action to cool victim by any means. Place victims in a cool area, wrap in wet towel, sponge victim with cool water.



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Info Source: MayoClinic.org