



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER

## First Aid for Heat Related Conditions

We've all heard of heat exhaustion and heat stroke, but do you know the difference or what care should be given for each? Heat exhaustion precedes heat stroke just as a storm watch precedes a storm warning. Here are signs and symptoms of each:

### HEAT EXHAUSTION

- Feeling faint
- Nausea
- Heavy sweating
- Ashen appearance
- Rapid, but weak heartbeat
- Cool, moist skin
- Low-grade fever

### HEAT STROKE

- Fainting
- Rapid and shallow breathing
- Cessation of sweating
- Irritability, confusion or unconsciousness
- Rapid heartbeat
- Severe headache

In both instances, move the person out of the sun into a shady or air-conditioned area. Call '911' for emergency medical treatment. Cool the person with water or a fan.

Both conditions can be avoided by frequent consumption of cool water or 'sports beverages', taking breaks, wearing light, loose clothing and being aware of the signs and symptoms of these heat-related problems. Try to plan your work so the more physically demanding tasks are done earlier in the day, before the heat and humidity increase.



For more information, contact your Loss Control Consultant at (800) 252-5059, ext. 1387 or 1384.

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7