



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

First Aid



For Heat Stroke

Heat stroke is a major overheating of the body. It can cause sudden and complete breakdown, leading to brain damage or death.

Symptoms of Heat Stroke

- Sweating stops - skin is dry and hot
- Pulse is strong and fast
- Body temperature is over 106 ° F
- Person becomes confused or angry
- Person feels chilled, nauseated, or dizzy, or loses consciousness

Preventing Heat Stroke

- Take it easy the first few days of high heat or humidity.
- Take frequent breaks.
- Drink lots of water.
- Avoid alcohol - it makes it harder to keep cool.



Treating Heat Stroke

- Call an ambulance
- Use rescue breathing if you need to
- Move the victim to a cooler area
- Soak the victim in a cool bath - also use a fan or cold packs
- Keep the victim lying down with feet raised

For more information, contact your Loss Control Consultant at (888) 562-7861

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