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 (800) 252-5059, ext. 1387 or 1384.

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