Heat Stress Awareness

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

- 1. Faint or dizzy
- 2. Excessive sweating
- 3. Cool, pale, clammy skin
- 4. N<mark>aus</mark>ea, vomiting
- 5. Rapid, weak pulse
- 6. Muscle cramps

HOW TO TREAT IT

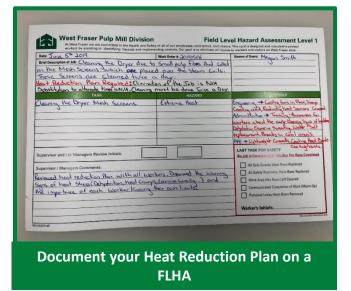
- 1. Move to cooler location
- 2. Drink water
- Take a cool shower or use cold compresses

HEAT STROKE SYMPTOMS

- 1. Throbbing headache
- 2. No sweating
- 3. Body temp above 103° Red, hot, dry skin
- 4. Nausea, vomiting
- 5. Rapid, strong pulse
- 6. May lose consciousness

HOW TO TREAT IT

- 1. Get emergency help
- 2. Keep cool until treated



Things to Remember:

- ✓ Are you acclimated to the heat?
- ✓ Have you properly hydrated?
- Are you wearing light weight clothes?
- Do you have preexisting medical conditions?

Everyone is different, some people can take heat longer than others!



