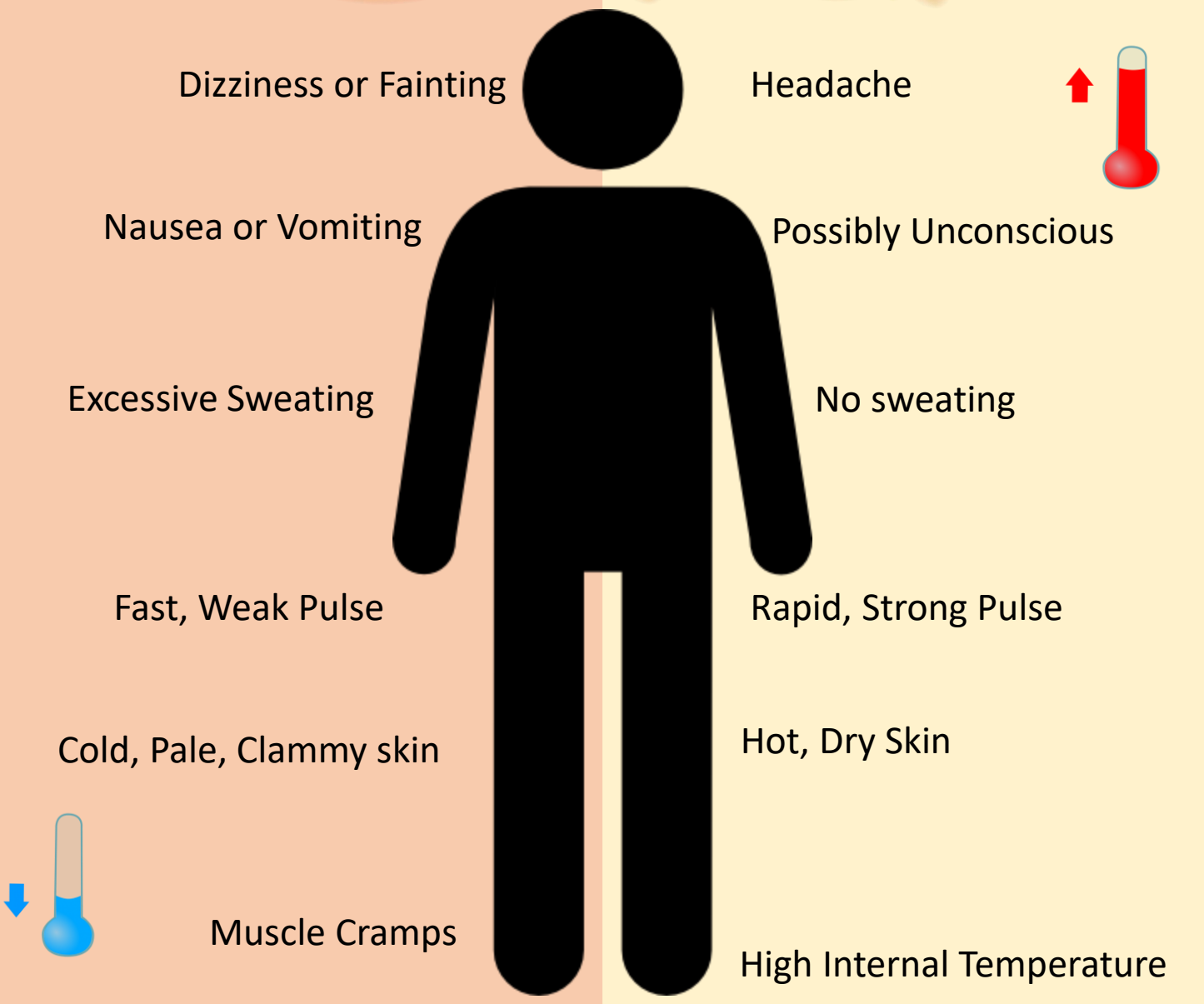




West Fraser Mills Ltd.

Heat Exhaustion VS Heat Stroke



What to do:

1. Move to a cooler location
2. Lie down and loosen your clothing
3. Apply cool, wet cloths to as much of your skin as you can
4. Sip water
5. If you have vomited and it continues, seek medical attention immediately

What to do:

1. CALL 911 IMMEDIATELY
2. Move person to a cooler environment
3. Reduce the person's body temperature with cool cloths
4. DO NOT give any liquids