

# Heat Stroke

Supervisor  
Crew  
Talk

*Heat stroke is caused by extreme heat stress.*

## Symptoms

*High body temperature*

*Confusion and lack of coordination*

*Dizziness/fainting*

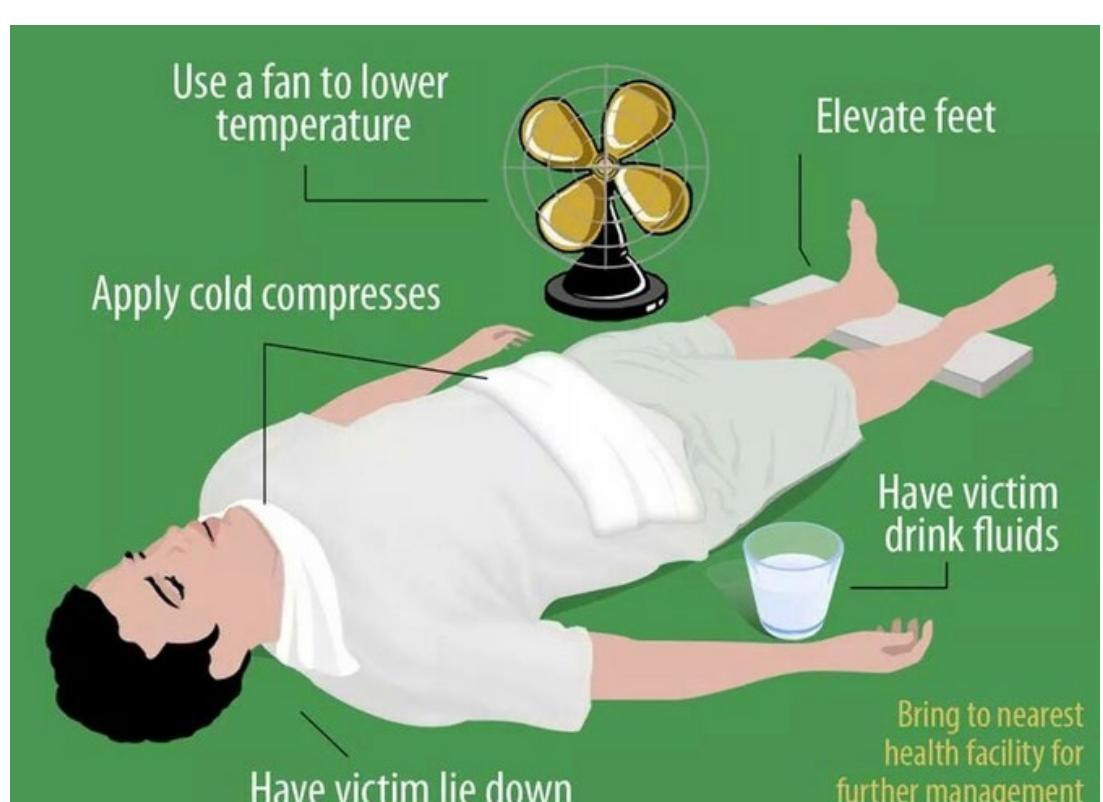
*No sweating, but very hot, flushed skin.*



***Heat stroke is a medical emergency! If someone near you displaying symptoms of heat stroke, call 911 or your local emergency number immediately.***

## While waiting for help:

- Move the person to a cool place, if possible.
- Apply cold compresses to the skin.
- Fan the person as much as possible.



## Safety Tips

- Prepare for the heat.
- Know the signs of heat related illnesses.
- Pay attention to how you and those around you feel.
- Stay hydrated.
- Stay cool.

*“Safety is a core value and business priority”*