

Heat Stroke

Heat stroke is caused by extreme heat stress.

Symptoms

High body temperature

Confusion and lack of coordination

Dizziness/fainting

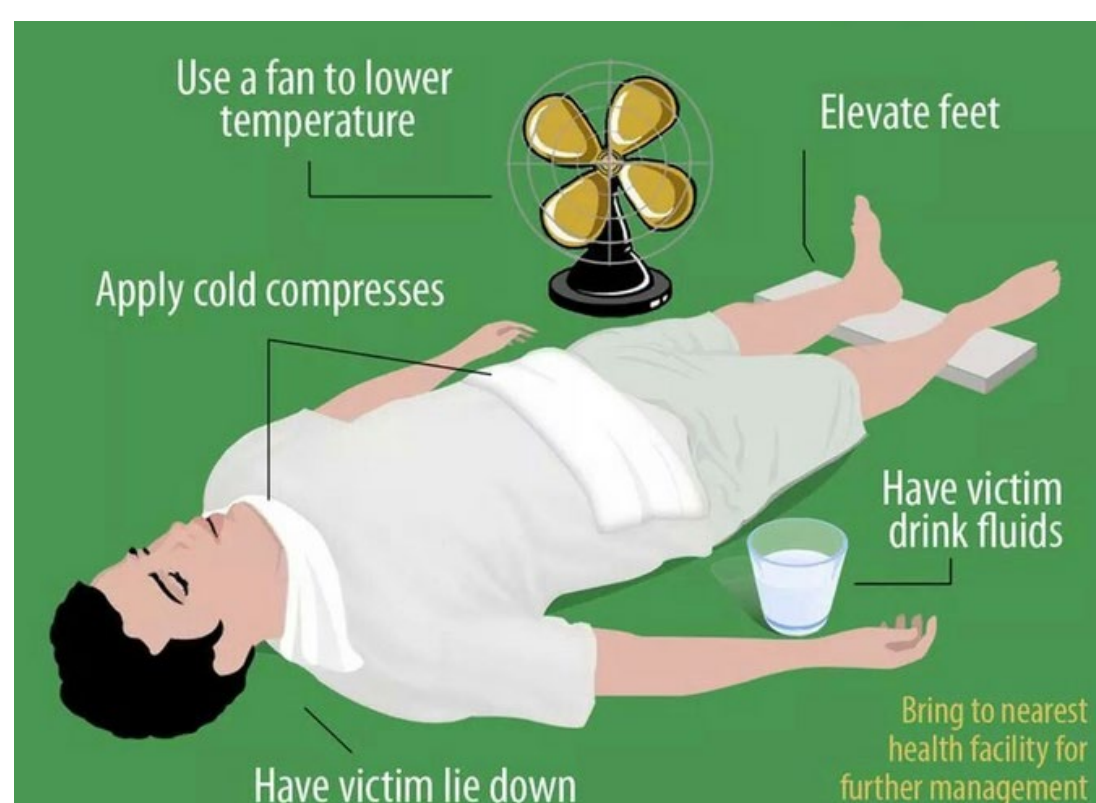
No sweating, but very hot, flushed skin.



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"



West Fraser