

Heat Stroke

FIRST
AID

Heat Stroke is the Most severe form of heat illness wherein the body overheats and can't cool down by Sweating because of dehydration. It can cause death or permanent disability if emergency treatment is not provided .

SYMPTOMS

- Dizziness or fainting
- Hot and dry skin
- Very high core body temperature of 104 ° F (40 ° C) or more
- Lack of Sweating
- Throbbing headache
- Behavioral changes such as confusion or disorientation
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat
- Rapid , shallow breathing
- Unconsciousness

TREATMENT

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1 Move the person to a shady spot or indoors.

2 Call emergency medical help. Continue to the next steps while waiting for professional help to arrive.

4 If still conscious, have him sip cool Water.

5 Remove his clothing.

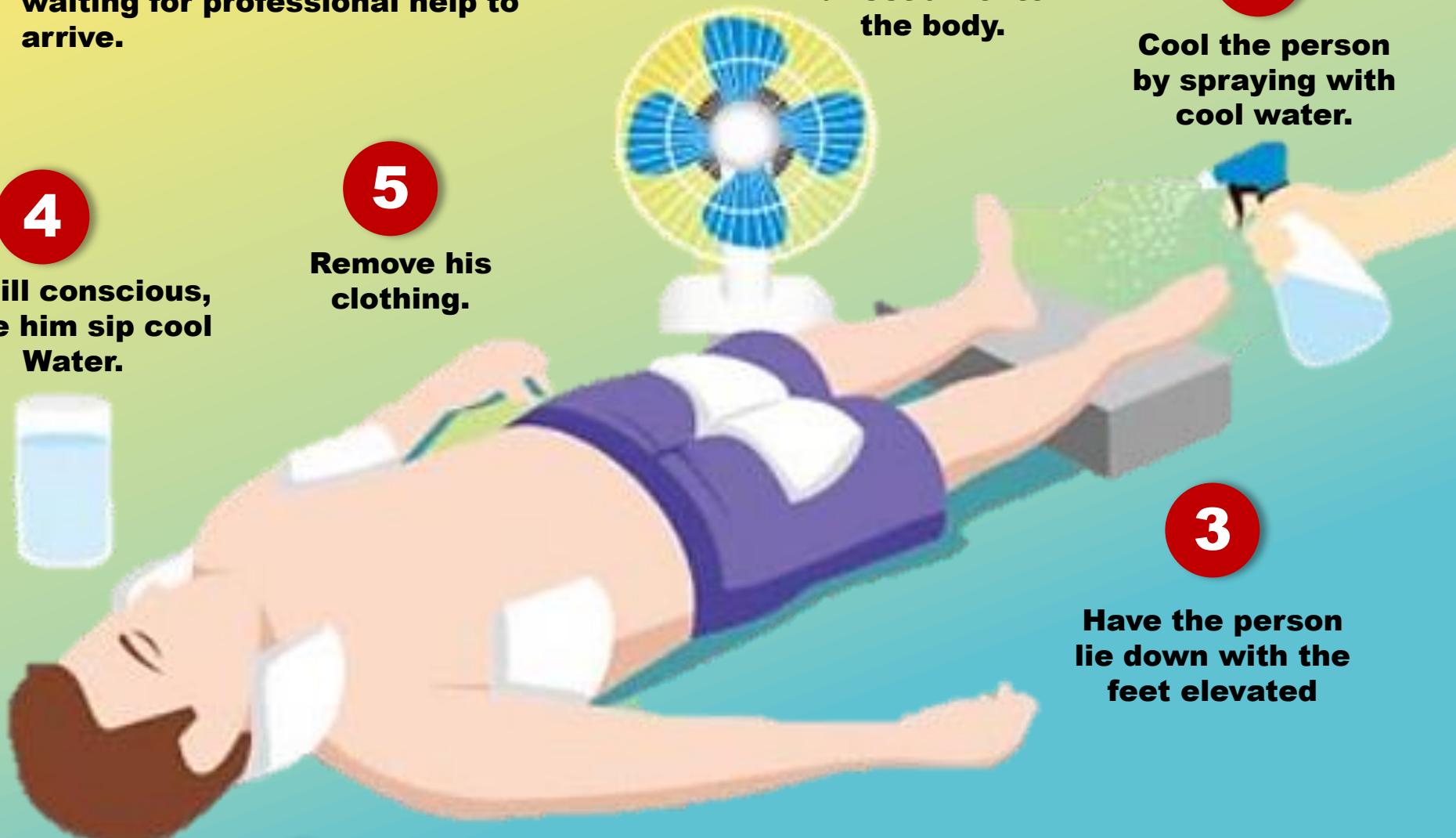


8 Use fan to direct air onto the body.

6 Cool the person by spraying with cool water.

3 Have the person lie down with the feet elevated

7 Apply damp sheets/towels /sponges / Ice packs to the armpits . Wrists, ankles and groin.



BEAT THE HEAT

Water To Go

Take a bottle of Cold water with you when you're out and about.



Avoid

Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse. So, think about avoiding them during hot weather.



Be Cool

Make use of fans or air-conditioners set to cool.

Rest

Make sure you get enough sleep and rest if you feel tired



Dress Down

Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.



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Enjoy

Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.



Soak

Take a cool shower or bath to help you cool down when you feel hot.



Shade

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.





WATER. REST. SHADE.

**The work can't get
done without them**

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Protect Yourself From Heat Stroke

Heat Stroke is the most severe form of heat injury and happens when the body fails to cool down. The victims are not able to sweat and release excessive heat due to dehydration and humid temperature. It can kill or cause damage to the brain and other internal organs.

If you are working in extreme heat and humidity, protect yourself from heat stroke by following these prevention tips :

**Wear
light-coloured
clothing and a
Wide-brimmed
hat**

**Schedule
Heavy works for
the beginning or
end of the day,
when it is cooler**

**Gradually
build up to
heavy work**

**Take
More breaks
and rest in the
shade to cool
down**

**Drink
Lots of water.
Avoid tea, coffee, soda
and alcohol as they
may lead to
dehydration**