

HEAT INJURIES

Recognize Symptoms, Take Action, **Save Lives!**



HEAT STROKE

Symptoms	Actions
<ul style="list-style-type: none"> Body temperature rises to 103°F or higher Skin is hot, red, dry, or damp Increased pulse rate Headache Dizziness Nausea Confusion Fainting 	<ul style="list-style-type: none"> Immediately call emergency services, as heat stroke can be deadly Apply cool cloths, sprays or immerse in cool bath Move the person to a cool area Resist providing fluids

HEAT EXHAUSTION

Symptoms	Actions
<ul style="list-style-type: none"> Excessive sweating Skin that is pale, cold and clammy to the touch Reduced pulse rate Headache Dizziness Nausea Muscle cramps Fainting 	<ul style="list-style-type: none"> Move the person to a cool area Loosen any restrictive clothing Sip water Apply wet, cool cloths to chill the skin Call emergency services, if symptoms last longer than one hour



HEAT CRAMPS

Symptoms	Actions
<ul style="list-style-type: none"> Heavy sweating during physical exertion Muscle pain or spasms 	<ul style="list-style-type: none"> Stop all activity and get to a cool space Hydrate with water Call emergency services if the cramps last longer than one hour (especially if you have heart disease)



HEAT RASH

Symptoms	Actions
<ul style="list-style-type: none"> Red clusters of small blisters usually on the neck, chest, groin, or in elbow creases 	<ul style="list-style-type: none"> Stay cool and dry Use talcum powder for treatment



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