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# Heat Illness Can Kill

HEALTH & FIRST AID

## Excess heat causes illnesses, including:

- Heat cramps
- Heat exhaustion
- Heat stroke

These are called hyperthermia

## Heat can cause:

- Inattention
- Short temper
- Dizziness

These can lead to unsafe working

Humidity adds to heat effects

## Watch for signs of heat illness

- Warnings include muscle cramps
- These cramps usually occur when resting
- They mean your body lost salt

## Heat exhaustion signs include:

Exhaustion, nausea and dizziness

Other symptoms are:

- Rapid pulse
- Pale clammy skin
- Low blood pressure

Heat stroke may follow

## Heat stroke could be fatal

- Your body's heat control stops
- Your body doesn't sweat
- Your body temperature rises
- It is a medical emergency



## You can prevent heat illness

- Adapt gradually to hot conditions
- Drink water often (not coffee or alcohol)
- Rest frequently in cool areas
- Wear layers of light clothing
- Drink mineral beverages to replenish salt

## Be alert for heat illness signs

If you suspect heat illness:

- Move victim to a cool place
- Cool by fanning or wiping with water
- Offer water to drink

If you suspect heat stroke

Call medical help immediately

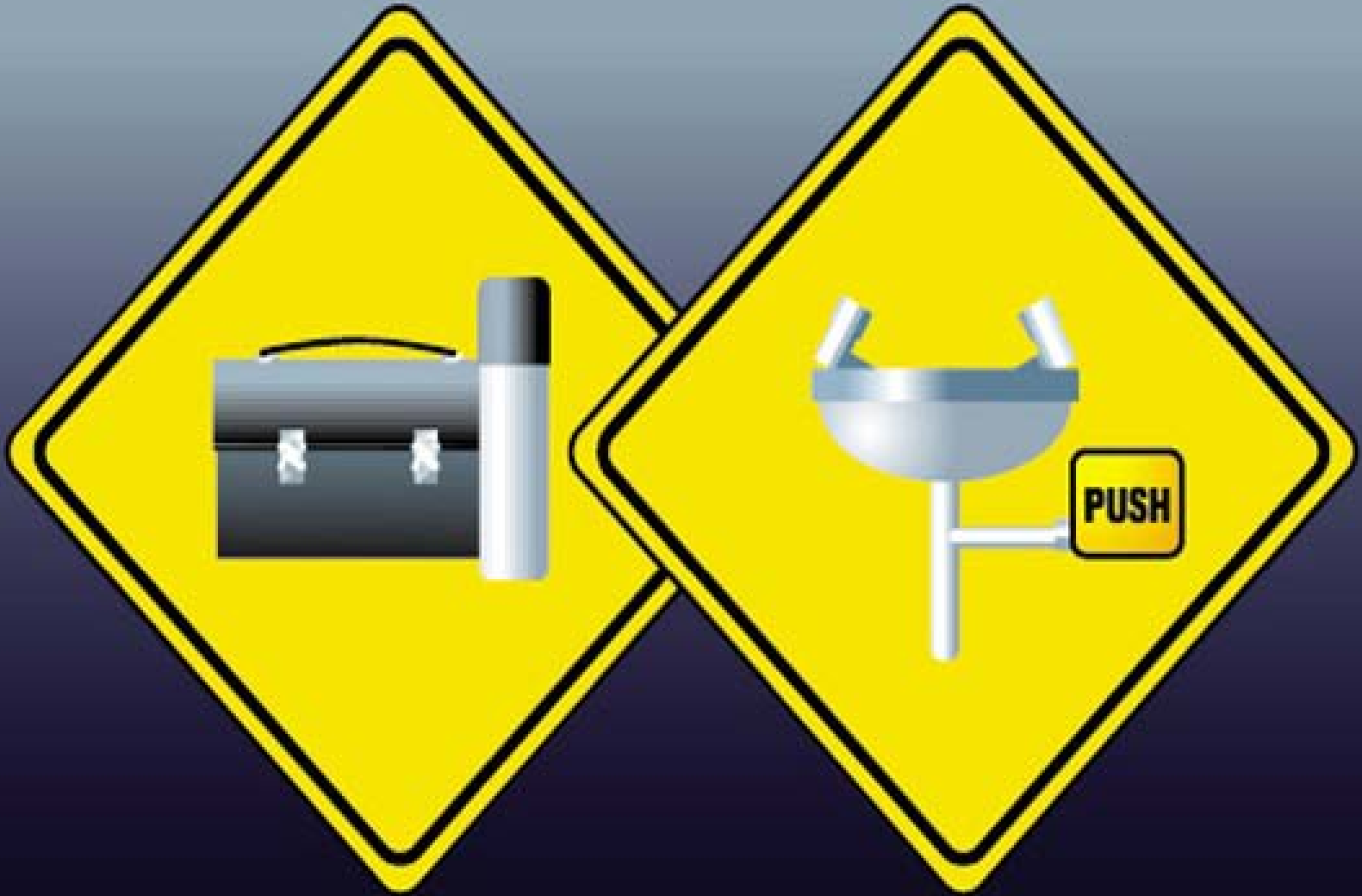


**Help your body keep its cool**



**Know and heed signs of heat illness**

# SAFETY TALKS! for PowerPoint



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