

BEAT THE HEAT

WITH SUMMER ALMOST UPON US, PROTECT YOURSELF AND YOUR FAMILY BY KNOWING THE SIGNS, SYMPTOMS AND FIRST AID PROCEDURE FOR HEAT-RELATED ILLNESSES. HEAT ILLNESS CAN COME ABOUT QUICKLY AND SYMPTOMS CAN OCCUR IN ANY ORDER.



LESS SEVERE

HEAT RASH/PRICKLY HEAT

- Red cluster of pimples or small blisters, usually on neck, upper chest, groin, under breasts, and in elbow creases
- Extensive areas of skin that do not sweat on heat exposure, but present gooseflesh appearance that subsides with cool environments

WHAT DO I DO?

- Keep rash area dry
- Natural, unscented talcum powder can be applied to increase comfort
- Do not apply ointments or creams to the affected areas, as they may impair cooling.
- Warm, moist skin can make the rash worse
- Where it is possible, a cooler, less humid work environment is the best treatment

HEAT CRAMPS

- Muscle cramps, pain, or spasms in the abdomen, arms, or legs

WHAT DO I DO?

- Drink water and fluids with electrolytes every 15 - 20 minutes and eat a snack
- Avoid salt tablets as they will dehydrate you even further
- Get medical help if the person has heart problems, is on a low sodium diet, or if cramps do not subside within one hour



SEVERE

HEAT SYNCOPE (FAINTING)

- Fainting, dizziness, or light-headedness after standing or suddenly rising from a sitting/lying position

WHAT DO I DO?

- Sit or lie down in a cool place when beginning to feel faint or dizzy
- Slowly drink water, juice or a sports drink

HEAT EXHAUSTION

- Headache
- Nausea
- Dizziness, weakness
- Irritability
- Thirst, heavy sweating
- Elevated body temperature
- Decreased urine output

WHAT DO I DO?

- Call for medical help or take the person to a health facility for evaluation and treatment
- Stay with the person until help arrives
- Remove the person from hot area and give them liquids to drink
- Remove unnecessary clothing, including shoes and socks
- Cool the person with water, cold compresses, an ice bath, or fans
- Encourage frequent sips of cool water



POTENTIALLY FATAL

HEAT STROKE

- Confusion, altered mental state, slurred speech, loss of consciousness
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperatures
- Fatal if treatment delayed

WHAT DO I DO?

- Call for emergency care immediately
- Move the person to a cool area and remove outer clothing
- Cool the person with water, cold compresses, an ice bath, or fans
- Circulate air around the person to speed cooling
- Place cold, wet cloths or ice on head, neck, armpits, and groin
- Stay with the person until emergency medical services arrive

People with heat illness should stop working, get cool, and drink fluids

Altered mental state can be a sign of heat stroke and requires immediate attention

When treating severe heat illness, cooling is the first priority

IN CASE OF MEDICAL EMERGENCY

DIAL *120*15570# FOR TRAUMA ASSIST or CALL ER24 084 124

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