



ARCO SAFE TOOL BOX TALKS

First Aid & Medical: Heat Related Illness & Injury



Overview of Heat related Illness:

- When the body is unable to cool itself through sweating, heat illness may occur
- The most severe heat-induced illnesses are **Heat Exhaustion** and **Heat Stroke**
- If proper corrective actions are not taken during an episode of heat illness heat stroke can result in death

Heat Exhaustion symptoms:

- Headaches, dizziness, light headedness
- Weakness of the body
- Mood changes, irritable or confused
- Feeling sick to the stomach
- Vomiting
- Decreased/dark colored urine
- Fainting/Passing out
- Pale, Clumsy

What should be done?

If a person is experiencing any of the above symptoms of Heat Exhaustion they should be moved to a cool/shaded area to rest. They should not be left alone. If the person is experiencing lightheadedness they should be laid on their backs with feet elevated. All heavy clothing should be removed. Have the person drink a small cup of cool water every 10-15 minutes. Try to cool the person by fanning them. If the person is not showing any signs of improvement, call for emergency help.

Heat Stroke Symptoms:

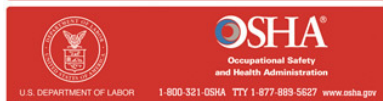
- Dry, pale skin (no sweating)
- Hot, red skin (like sunburned)
- Seizure/fits of seizure
- Collapse/Passed out and will not respond

What should be done?

If a person is experiencing symptoms of heat stroke, immediately call for emergency help. Move the person to a cool/shaded location. Don't leave the person alone! Have the person drink small quantities of cool water to try and help cool them off. If available, place ice packs under their arm pits and groin area.



The work can't get done without them.



Heat Stroke
1. Dry, hot skin
2. Very high body temperature

Heat Exhaustion
1. Moist clammy skin
2. Normal or subnormal temperature

