



Heat Stroke Safety Precautions

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

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.

