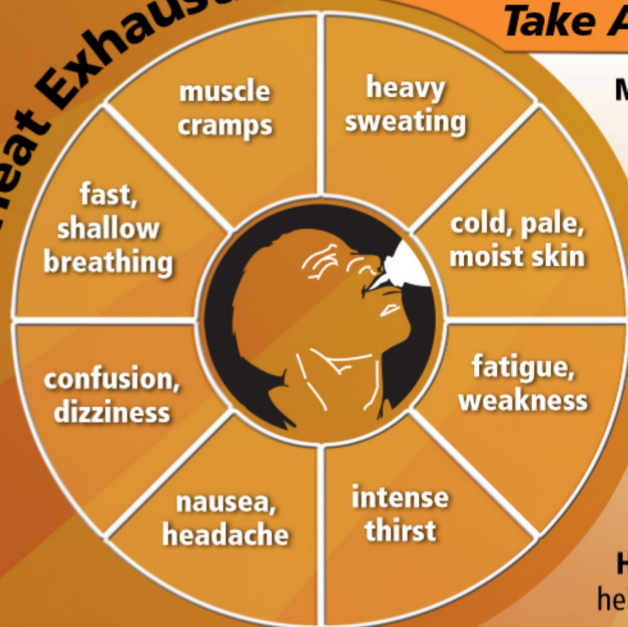


Heat-Related Illness

Watch for Signs

Heat-related illnesses can quickly progress from heat exhaustion to heat stroke – *and even result in death.*

Heat Exhaustion



Take Action

Move to a cooler, shaded location.

Remove as much clothing as possible (socks and shoes too).

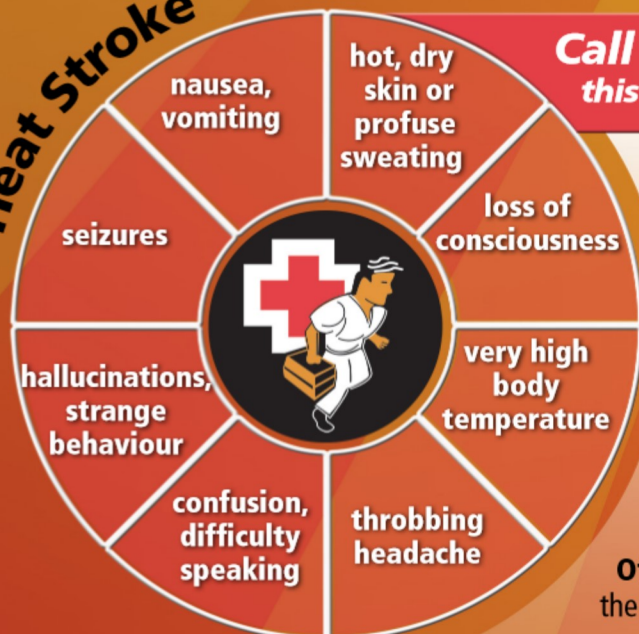
Cool down by applying cool wet cloths or ice to your head, face or neck. Spray yourself with cool water.

Drink water, clear juice, or a sports drink.

Get medical aid if you don't start to feel better.

Have someone stay with you until help arrives.

Heat Stroke



Call 911 immediately; this is a medical emergency.

Stay with the person until help arrives.

Move to a cooler, shaded location.

Remove as much clothing as possible (socks and shoes too).

Wet the person's skin and clothing with cool water.

Apply cold, wet cloths or ice to head, face, neck, armpits, and groin.

Offer sips of water, but do not force the person to drink.



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1-800-668-4284