



SAFETY UNLIMITED, INC.

# Safety Tip of the Week

## Heat Stroke

Heat stroke is the most serious of health problems associated with working in hot environments. It occurs when the body's temperature regulatory system fails, and sweating becomes inadequate. The body's only effective means of removing excess heat is compromised with little warning to the victim that a crisis stage has been reached.



### Signs of heat stroke are:

- High body temperature--a body temperature of 104°F (40°C) or higher is the main sign of heatstroke;
- Cessation of sweating--this is often one of the first signs that your body temperature is too high. In heatstroke brought on by hot weather, your skin is hot and dry to the touch. Your body stops sweating;
- Hyperventilation--your breathing may become rapid and shallow;
- Rapid heart rate and pulse;
- Seizures or Convulsions; and
- Neurological symptoms--you may have seizures, lose consciousness, slip into a coma, hallucinate, or have difficulty speaking or understanding what others are saying.

**Any person with signs or symptoms of heat stroke requires immediate hospitalization!!**

### Treatment of heat stroke:

- Alert supervisor and call 911 immediately.
- Take worker to a shaded or cooler area if possible.
- Apply cool water to his or her body or place the victim in a shower or tub of cool water.
- Place ice packs in the armpit and groin areas if available to help lower their core temperature.

**NO NEED TO DEBATE, WHEN IT'S HOT, YOU MUST HYDRATE!!**