

Topic: **Heat Stroke Prevention**

Heat stroke is the most dangerous heat related disorder there is, often putting employee's lives in danger. Understanding the signs of heat stroke could protect you and others from being victims of heat stroke. Remember, a heat stroke is a fast acting, dangerous killer. It can bring about an irreversible coma and even, death, if not quickly and properly treated.

HEAT STROKE IS A MEDICAL EMERGENCY! Anyone exhibiting the signs and symptoms of heat stroke should be rushed to the nearest hospital or clinic immediately. A heat stroke does not have to be caused by exercise or exertion. High temperatures, lack of body fluids and overexposure to the elements and high heat can all bring about a heat stroke.

Symptoms

- The first sign to look for is red, flushed skin
- A person that is suffering heat stroke, does NOT SWEAT and feels dry
- The person feels dizzy, weak, confused or has a headache
- Seizures
- Rapid pulse
- Unconsciousness
- Body temperature of 105-degrees or higher

Prevention

The easiest way to avoid heat stroke is to keep your body well hydrated. **THIS IS CRITICAL!** Drink plenty of water before, during and after exposure to heat and the elements. Sports drinks are a good choice if you are working in hot conditions, but water works fine, too. Putting yourself in a place where there is plenty of airspace will allow your body to naturally cool itself. Sitting in a shaded, open area will help your body rid itself of heat through sweating. What you wear can play a big factor in how your body will handle the heat. Light colored, loose fitting clothing will aid your body in breathing and cooling itself down naturally. Tight clothing restricts such a process and dark colors absorb the sun's light and heat.

Heat strokes are preventable. It is easier to take steps to prevent heat stroke than it is to treat it. Most doctors recommend consuming eight or more glasses of water a day during normal weather conditions, and sixteen or more glasses of water a day during high-heat periods.

Remember, a heat stroke is a fast acting, dangerous killer, but it is preventable.

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