



When Heat Stress Strikes... Know How to Avoid, Recognize and Treat!

Prevention Services 707-428-1830 www.nbsia.org

Stay Cool...

- ✓ Wear light colored-lightweight clothing, a hat, and use sunscreen.
- ✓ Drink plenty of water before and during activity.
- ✓ Avoid alcohol and caffeine.
- ✓ Take breaks in cool, breezy areas.
- ✓ Work at a steady pace – don't overexert
- ✓ Reduce activity, especially between 11:00 am to 4:00 pm.
- ✓ Be alert to signs of heat exhaustion and heat stroke...*and get relief!*

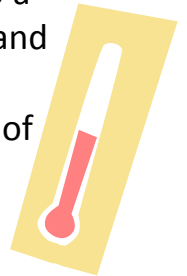


Heat Exhaustion...

Act quickly if someone...

Appears pale or flushed; is sweating and has moist, clammy skin; feels weak, dizzy, nauseous, has a headache.

Move person immediately to a cool place. Loosen clothing and place cool compress on skin. Slowly drink large quantities of water. Elevate feet slightly.



Heat Stroke...

Call for medical help **immediately** if someone...

Has a high body temperature and rapid pulse; has hot, dry, reddish skin; stops sweating; becomes confused or delirious.

Move the victim immediately to a cool place until help comes. Fan the victim. Soak the victim's clothing with water to lower body temperature. Don't give fluids to someone who is unconscious.