



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

HEATSTROKE & SUNSTROKE

Although similar in cause, these two summertime conditions must be distinguished since each requires certain distinct measures of treatment. Please note the following comparisons for symptoms and treatment.

	<u>HEATSTROKE</u>	<u>SUNSTROKE</u>
Skin	Cold, moist, pale	Hot, dry, red
Body Temperature	Lowered, subnormal	Considerably raised, high fever
Pulse	Rapid, but weak	Rapid, bounding, strong
Breathing	Quiet, shallow	Loud, rapid
Perspiration	Excessive	Cessation of perspiration
Other Signs	Dizziness, faintness, unconsciousness, cramping of muscles	Nausea, vomiting, thirst, drowsiness, unconsciousness
General Treatment	A relaxed reclining position. Loosen clothing.	A relaxed reclining position. Loosen clothing.
Special Treatment	Lower the head. Lower the body temperature. Give stimulants. Compress cramped muscles of limbs.	Raise the head. Lower the body temperature. Do not give stimulants. Do not apply cold water.

The above information is for first aid. In this or any medical emergency it is imperative to call '911' or appropriate emergency number for professional medical care. To prevent heatstroke or sunstroke, take frequent breaks in the shade and drink plenty of water when working outside in the summer heat.

For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7