

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

First Aid for Heat Related Conditions

We've all heard of heat exhaustion and heat stroke, but do you know the difference or what care should be given for each? Heat exhaustion precedes heat stroke just as a storm watch precedes a storm warning. Here are signs and symptoms of each:

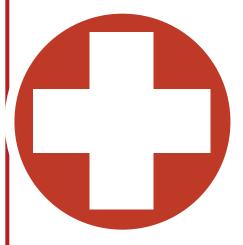
HEAT EXHAUSTION

Feeling faint
Nausea
Heavy sweating
Ashen appearance
Rapid, but weak heartbeat
Cool, moist skin

Low-grade fever

HEAT STROKE

Fainting
Rapid and shallow breathing
Cessation of sweating
Irritability, confusion or
unconsciousness
Rapid heartbeat
Severe headache



In both instances, move the person out of the sun into a shady or air-conditioned area. Call '911' for emergency medical treatment. Cool the person with water or a fan.

Both conditions can be avoided by frequent consumption of cool water or 'sports beverages', taking breaks, wearing light, loose clothing and being aware of the signs and symptoms of these heat-related problems. Try to plan your work so the more physically demanding tasks are done earlier in the day, before the heat and humidity increase.