



SAFETY BRIEF

HEAT STROKE

If you work outside in hot temperatures, you are at risk of suffering from a heat-related illness. The risk becomes greater as the weather gets hotter and more humid, especially if the heat arrives suddenly or early in the season.

PREVENTING HEAT STROKE

- Take frequent breaks in cool, shaded areas
- Stay hydrated throughout the day
- Avoid alcohol or caffeinated beverages
- Allow your body to gradually adapt when you start working in hotter conditions
- Wear loose-fitting, light clothing
- Avoid working during the hottest time of the day

SIGNS OF A HEAT STROKE

Heat stroke is a condition that occurs when the body is unable to control its temperature. Heat stroke is very dangerous and can cause permanent disability or death. Knowing the signs of heat stroke can help you catch it in the early stages.

- High body temperature
- Hot, dry or profuse sweating
- A rapid, strong pulse
- Feeling chilly, nauseous or dizzy
- Loss of consciousness
- Red or splotchy skin
- Confusion or loss of coordination



**DRINK 1 CUP OF WATER
EVERY 15-20 MINUTES**

TREATING HEAT STROKE

The Mayo Clinic recommends the following treatment when dealing with heat stroke.

- Call 911 immediately
- Move the person to a cooler location, preferably indoors
- Remove excess clothing and apply cool water to their body
- Elevate the person's feet



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