

## HEAT EXHAUSTION

### Symptoms

- Headaches
- Dizziness or lightheadedness
- Weakness
- Mood changes, irritability, confusion or the inability to think clearly
- Nausea and vomiting
- Decreased or dark-colored urine
- Fainting
- Pale, clammy skin

**ACT IMMEDIATELY. If not treated, heat exhaustion can advance to heat stroke or death.**

### Take action!

- Move victim to cool, shaded area. Don't leave the person alone. If symptoms include dizziness or lightheadedness, lay the victim on his or her back and raise legs 6 to 8 inches. If symptoms include nausea or vomiting, lay the victim on his or her side.
- Loosen and remove any heavy clothing.
- Give the person cool water to drink - about a cup every 15 minutes - unless he or she is nauseous or vomiting.
- Fan the victim and spray with a cool mist of water or apply a wet cloth to skin.
- Call 911 for emergency help if the person does not feel better in a few minutes.

## HEAT STROKE - A MEDICAL EMERGENCY

### Symptoms

- Dry, pale skin with no sweating
- Hot, red skin that looks sunburned
- Mood changes, irritability, confusion or the inability to think clearly
- Seizures
- Inability to revive from an unconscious state

**CALL 911 for emergency help IMMEDIATELY.**

### Take action!

- Move the victim to a cool, shaded area. Don't leave the person alone. Lay the victim on his or her back. Move any nearby objects away if the victim is having seizures. If symptoms include nausea or vomiting, lay the victim on his or her side.
- Loosen and remove any heavy clothing.
- Give the person cool water to drink - about a cup every 15 minutes - unless the victim is nauseous or vomiting.
- Fan the victim and spray with a cool mist of water or wipe the victim with a wet cloth, or cover with a wet sheet.
- Place ice packs under the armpits and groin area.

**Prevent heat illness - safety depends on you!**

**DRINK PLENTY OF FLUIDS**

**British Columbia  
Municipal Safety  
Association**

[www.bcmsa.ca](http://www.bcmsa.ca)

**It's hot.  
It's humid.  
You're working hard.**

**Do you know the  
signs of  
heat ILLNESS?**

**beat  
the  
heat**

**keep  
your  
cool!**

