

#1-18

*Care for Heat Emergencies*

General care for heat emergencies

- Cool the body
- Give fluids
- Minimize shock

For **heat cramps** or **heat exhaustion**:

- Get the person to a cooler place and have him or her rest in a comfortable position.
- If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly.
- Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.
- Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets.
- Call 911 or the local emergency number if the person refuses water, vomits or loses consciousness.



For **heat stroke**:

- Heat stroke is a life-threatening situation!
- Help is needed fast. Call 911 or your local EMS number.
- Move the person to a cooler place. Quickly cool the body.
- Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels (do not use rubbing alcohol because it closes the skin's pores and prevents heat loss). Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

**Take Away:** Given the extreme danger and often sudden onset of heat stroke, all employees must be familiar with immediate treatments for the stages of heat-related illness.