



Preventing Heat Related Illnesses

THE TAKEAWAYS

If you remember nothing else about this training, at least remember the following.

1. Prevent heat related illnesses by staying hydrated, taking breaks, avoiding alcoholic drinks, and wearing the proper clothing to keep your body cool.
2. Common signs of heat illness include irritability, headaches, nausea, dizziness, pale skin, heavy sweating, vomiting, confusion, dry skin, rapid, shallow breathing.
3. Proper first aid for someone with suspected heat exhaustion or heat stroke involve **COOLING** the body as quickly as possible – not simply just drinking water. Get them to a cooler place or call your supervisor for help.



TEST YOUR KNOWLEDGE

1. **For a heat syncope (fainting), you should sit or lie in a cool place and slowly drink water.**
 - a. True
 - b. False
2. **Signs of a heat stroke include, confusion, altered mental state, slurred speech and loss of consciousness.**
 - a. True
 - b. False
3. **When the body is dehydrated, it loses its ability to cool itself.**
 - a. True
 - b. False
4. **Drinking soda and alcohol is NOT a good way to avoid heat illnesses.**
 - a. True
 - b. False
5. **Heat illness is the body's inability to cool itself.**
 - a. True
 - b. False
6. **What should you do if someone seems to be experiencing symptoms of a heat stroke?**
 - a. Call 911 immediately
 - b. Lay victim down in a cool area and remove outer clothing
 - c. Apply ice packs or cool cloths to the body to reduce temperature
 - d. All of the above

Name: _____ Site: _____

Date: _____