



# 5-minute safety talk

## 6 Steps to Take During Any Medical Emergency

1. Recognize the emergency.
2. Check the scene for safety issues.
3. Check the person. If no response, move to Step #4.
4. Call 9-1-1 when appropriate.
5. Obtain consent and care for person until help arrives.
6. Have the person seek medical attention when appropriate.

## Heat Exhaustion

Heat stroke generally occurs after **heat exhaustion** as a continual process. In heat exhaustion, the victim is still sweating. When sweating stops, heat stroke is usually occurring – a life-threatening emergency.

Excessive dehydration occurs when the body loses more fluid than it takes in due to excessive sweating. Vigorous physical activity can lead to dehydration, especially in hot and humid weather. Exertional dehydration can, therefore, contribute to heat exhaustion or heat stroke.

### SIGNS AND SYMPTOMS

- Heavy sweating, thirst, fatigue, heat cramps
- Later, headache, dizziness, nausea or vomiting
- May develop into heat stroke

### STEPS TO TAKE

1. Move the victim out of the heat to lie down in a cool place, and loosen or remove outer clothing.
2. Cool the victim with a cool water spray or wet cloths on the forehead and body.
3. Give the victim a carbohydrate-electrolyte drink, such as a sports drink, to promote rehydration (other beverages, such as 2% milk and coconut water, are also effective.) If a carbohydrate-electrolyte drink is not available, give the victim water.



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