



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 Stroke

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

- Skin is flushed and very hot to the touch, sweating has usually stopped
- Fast breathing, headache, dizziness, confusion, irrational behavior
- Possible convulsions or unresponsiveness

STEPS TO TAKE

1. Call 9-1-1.
2. Move the victim to a cool place.
3. Immediately cool the victim with any means at hand, preferably by immersing the victim up to the neck in cold water (with the help of a second rescuer). If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels.
4. Do not try to force the victim to drink liquids.
5. Monitor the victim's breathing and be ready to give CPR if needed. (**Note:** Only employees with CPR training should administer CPR.)

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