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Care

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SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 55 YEARS.

More Summer Heat Safety Tips

In our previous Care Newsletter, we went over some Summer Heat Safety Tips to help identify people at a higher risk of heat stroke or heat exhaustion along with prevention tips. If you missed it, you can read it at <http://bit.ly/Care22>.

Heat exhaustion is a warning that the body is getting too hot. With a heat stroke, body organs start to overheat. They will stop working if they get hot enough. If it is not treated, a heat stroke can result in death. It is important to know how to spot the signs and symptoms of heat stroke and heat exhaustion so you can respond quickly.

For a Heat Stroke

These signs and symptoms can occur suddenly with little warning:

- Very high temperature (104°F or higher).
- Hot, dry, red skin. No sweating.
- Deep breathing and fast pulse. Then shallow breathing and weak pulse.
- Confusion. Hallucinations.
- Convulsions.
- Loss of consciousness.

For Heat Exhaustion

- Normal, low, or only slightly elevated body temperature.
- Cool, clammy, pale skin. Sweating.
- Dry mouth. Thirst.
- Fatigue. Weakness. Feeling dizzy.
- Headache.
- Nausea. Vomiting can occur.
- Muscle cramps.
- Weak or rapid pulse.

First Aid

Friends and relatives can help someone with heat illness by doing the following:

- Call for help.
- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Remove extra clothing from the person.
- Cool the person by spraying or sponging him or her with cool water and fanning.
- Give the person sips of cool water not ice cold water.

Remember that every second counts! If you notice any of the signs or symptoms, react immediately.



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