

# HEAT STROKE IS DEADLY

## *KNOW THE SIGNS*



### WHAT TO LOOK FOR:

- Confusion, altered mental status, slurred speech
- Loss of consciousness
- Hot, dry skin or heavy sweating
- Seizures
- Very high body temperature
- Fatal if treatment delayed



### WHAT TO DO:

- Call 911 right away
  - Stay with the worker
  - Move to shade or a cool place
  - Remove outer clothing
  - Cool them down fast:
1. Use a cold water or ice bath if you can
  2. Wet their skin or clothes with cool water
  3. Put cold, wet cloths on the head, neck, armpits, and groin
  4. Fan them to help cool faster

**HEAT STROKE  
CAN BE FATAL!**  
*Don't wait.*



Heat-related Illnesses | Heat | CDC  
<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>



Heat - Heat-Related Illnesses and First Aid |  
Occupational Safety and Health Administration  
<https://www.osha.gov/heat-exposure/illness-first-aid>



Want to learn more, please  
visit [www.cpwr.com/heat](http://www.cpwr.com/heat)