

# HEAT EXHAUSTION

goSafe



- Headache, dizziness, or fainting
- Weakness and wet skin
- Confusion or confusion
- Thirst, nausea, or vomiting

# HEAT STROKE





- Inability to think clearly
- Lack of sweat
- Red, hot, dry skin
- Passing out or seizures










## PREVENTION

-  Monitor yourself
-  Avoid heat sources
-  Drink plenty of fluids
-  Wear light clothing
-  Take frequent breaks

## EMERGENCY

-  CALL 911 IMMEDIATELY!
-  Move to a cool area
-  Remove outer clothing
-  Give cool drink of water
-  Apply an ice pack

