



# RISK REMINDER

July 2024

Name: \_\_\_\_\_ Company: \_\_\_\_\_

## HEATSTROKE & SUNSTROKE

Although similar in cause, these two summertime conditions must be distinguished since each requires certain distinct measures of treatment. Please note the following comparisons for symptoms and treatment.

	<u>HEATSTROKE</u>	<u>SUNSTROKE</u>
<b>Skin</b>	Cold, moist, pale	Hot, dry, red
<b>Body Temperature</b>	Lowered, subnormal	Considerably raised, high fever
<b>Pulse</b>	Rapid, but weak	Rapid, bounding, strong
<b>Breathing</b>	Quiet, shallow	Loud, rapid
<b>Perspiration</b>	Excessive	Cessation of perspiration
<b>Other Signs</b>	Dizziness, faintness, unconsciousness, cramping of muscles	Nausea, vomiting, thirst, drowsiness, unconsciousness
<b>General Treatment</b>	A relaxed reclining position. Loosen clothing.	A relaxed reclining position. Loosen clothing.
<b>Special Treatment</b>	Lower the head. Lower the body temperature. Give stimulants. Compress cramped muscles of limbs.	Raise the head. Lower the body temperature. Do not give stimulants. Do not apply cold water.

The above information is for first aid. In this or any medical emergency it is imperative to call '911' or appropriate emergency number for professional medical care. To prevent heatstroke or sunstroke, take frequent breaks in the shade and drink plenty of water when working outside in the summer heat.

### TRUE or FALSE?

1. Nausea, vomiting, thirst, drowsiness, and unconsciousness are signs of a sunstroke.
2. Lowering your head is special treatment to help with a heatstroke.