

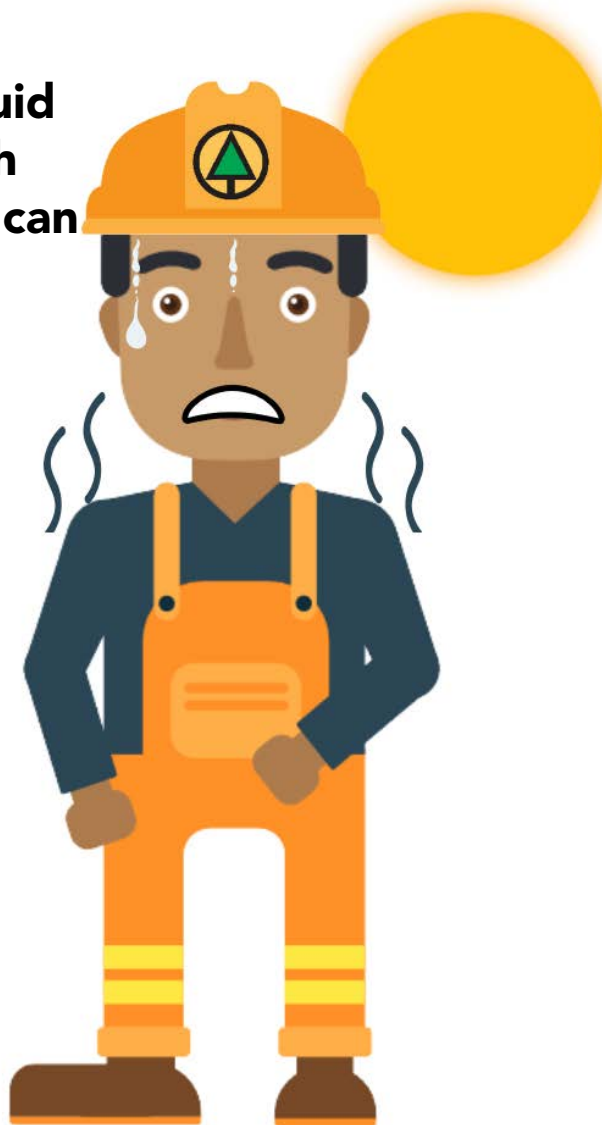
HEAT STROKE & HEAT EXHAUSTION

When it comes to heat, your body is like a car. If it overheats, it can be either a minor or major problem. But knowing what to do can help keep your body running without an issue.

When a person experiences heat exhaustion, it's like a car burning through the coolant. Heat stress is similar to the car's radiator malfunctioning due to lack of fluid and excessive overheating. Both conditions are very serious and can lead to a complete breakdown.

KNOW THE SIGNS:

- **HEAT STROKE**
- **HEAT EXHAUSTION**



BC Forest Safety

Safety is **good** business

HEAT STROKE & HEAT EXHAUSTION



HEAT STROKE:

Heat stroke is a life-threatening condition caused by prolonged exposure to high temperatures and a failure of the body to cool itself. Often, sweating stops and skin might be hot, red and dry.

Symptoms include:

- Strong, fast pulse
- Very high temperature (41°C - 45°C)
- Confused, strange or angry behavior

The person may feel:

- Chilled
- Nauseated
- Dizzy

If these symptoms occur, immediate emergency medical attention is required. **NOTIFY FIRST AID IMMEDIATELY.** Quickly cool the person down and move them to a shaded or cooler area. Remove excess clothing and apply cold packs or wet cloths to lower body temperature.

CALL 911 AND FOLLOW THE DIRECTIONS OF EMERGENCY MEDICAL PERSONNEL

HEAT EXHAUSTION:

Heat exhaustion is caused by excessive fluid loss and prolonged exposure to heat. Symptoms include:

- Fatigue and weakness—feeling drained or tired
- Anxiety—a sense of nervousness or unease
- Heavy sweating—excessive moisture on the skin
- Pale, clammy skin—cool and damp to the touch
- Disorientation—confusion or trouble focusing

In more severe cases, heat exhaustion can lead to fainting or unconsciousness. If this occurs, **NOTIFY FIRST AID!** Cool the person down and provide fluids. If their condition worsens, seek medical assistance immediately.

SAFETY TIP

If you know you'll be exposed to higher heat or humidity than normal, take several days to get used to it by spending time in similar conditions. Take frequent breaks and drink plenty of cool water.

Resource: Maintaining Hydration



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