

Make sure your summer
isn't a bummer!
Always work and play safe!

Call 911 for medical aid



Continuing Care
Safety Association

Heat Stroke is a Medical Emergency

If you suspect that someone has heat stroke, **immediately call 911**. Any delay seeking medical help can be fatal.



- Call 911 immediately.
- Stay with the person until help arrives.
- Move to a cooler, shaded location.
- Remove as many clothes as possible (including socks and shoes).
- Wet the person's skin and clothing with cool water.
- Apply cold, wet cloths or ice to head, face, neck, armpits, and groin.
- Do not try to force the person to drink liquids.

Signs of heat stroke include:

- Hot, dry skin or profuse sweating.
- Confusion.
- Loss of consciousness.
- Seizures.
- Very high body temperature.

Reference: https://www.ccohs.ca/oshanswers/phys_agents/heat_health.html

Visit www.continuingcaresafety.ca for more #summersafety tips!