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DEALING WITH HEAT STRESS

SUMMER IS UPON US AND WITH IT COMES THE SAFETY AND HEALTH HAZARDS ASSOCIATED WITH HEAT STRESS.

THE HAZARDS THAT APPLY TO HEAT STRESS ARE:

HEAT STROKE

HEAT STROKES ARE CAUSED BY THE OVER HEATING OF THE BODY WHEN THE BODY'S HEAT CONTROL MECHANISM SHUTS DOWN

SYMPTOMS	FIRST AID	DO NOT
<i>HOT, RED, DRY SKIN</i>	<i>CALL A DOCTOR OR PARAMEDIC</i>	<i>GIVE THE VICTIM ALCOHOL OR ANY STIMULANT LIKE COFFEE, TEA, ETC.</i>
<i>NO SWEATING, HIGH TEMPERATURE</i>	<i>REMOVE THE VICTIM FROM THE HEAT IF POSSIBLE</i>	
<i>PULSE IS RAPID AND STRONG</i>	<i>COOL DOWN THE BODY TEMPERATURE RAPIDLY BY SPONGING DOWN WITH COOL WATER</i>	
<i>VICTIM CAN BE UNCONSCIOUS OR CAN BECOME UNCONSCIOUS</i>		

HEAT EXHAUSTION

HEAT EXHAUSTION IS CAUSED BY LOSS OF BODY FLUIDS FROM SWEATING. THE VICTIM MAY STILL SWEAT BUT WILL PROBABLY BE DIZZY AND VERY TIRED. WATCH FOR SIGNS OF PROGRESSION TO HEAT STROKE. REST, COOLING AND FLUIDS USUALLY PRODUCE A QUICK RECOVERY TO THIS COMMON HEAT AILMENT.

SYMPTOMS	FIRST AID
<i>PALE AND CLAMMY SKIN</i>	
<i>PULSE RAPID AND WEAK</i>	
<i>VICTIM COMPLAINS OF WEAKNESS, HEADACHE, NAUSEA OR DIZZINESS</i>	
<i>VICTIM MAY HAVE CRAMPS IN THE ABDOMEN, WORKING MUSCLES OR LIMBS (HEAT CRAMPS)</i>	
FIRST AID	
<i>CALL A DOCTOR OR PARAMEDIC</i>	
<i>HAVE THE VICTIM LIE DOWN WITH HEAD LOWER THAN THE REST OF THE BODY</i>	
<i>REMOVE THE VICTIM TO A COOL PLACE BUT PROTECT FROM CHILLING</i>	
<i>IF THE VICTIM IS CONSCIOUS A BALANCED ELECTROLYTIC SOLUTION OR WATER MAY BE GIVEN</i>	

"PARDON ME... DO YOU HAVE ANY GREY POUPOU?"

ORDER #GG161

REMEMBER: DRINK PLENTY OF WATER. WATCH OUT FOR BUBBLES NOT BUBBLES UNTIL YOU GET USED TO THE HEAT. AND BEER IS NOT AN ALCOHOLIC BEVERAGE. BEER IS NOT AN ALCOHOLIC BEVERAGE. BEER IS NOT AN ALCOHOLIC BEVERAGE.

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