



# Weekly Safety Tip

## Heat Stroke Treatment



### HEAT STROKE TREATMENT:

**CALL 911 AND BEGIN TREATMENT IMMEDIATELY!**



**SIGNS & SYMPTOMS:** Heat stroke victims may exhibit any of the signs & symptoms below:



Staggering /  
Physical Collapse



Saturated / Sweating  
Flushed Skin



Strong & Rapid  
Pulse



Seizures



Rapid Breathing



Confusion



Irrational Behavior



Unconsciousness

**TIME IS OF THE  
ESSENCE! YOU HAVE**



**TO PREVENT LONG-  
TERM OR PERMANENT  
INJURY**

### COOL FIRST, TRANSPORT SECOND!

The victim should only be transported after their core body temperature falls below 102°F

**TREATMENT:** Call 911 to get EMS on the way. In the meantime, begin cold water immersion treatment immediately

#### COOL WITH COLD-WATER IMMERSION TUB

- IDEAL METHOD -

##### Contact Emergency Medical Services\*

- Place heat stroke victim in the tub
- Add cold water and ice
- Submerge them to their sternum/chest
- Continuously circulate the water and ice
- Monitor vital signs (heart/breathing rate) and watch for symptoms of hypothermia while you wait for EMTs

#### COOL WITHOUT COLD-WATER IMMERSION TUB

Tarp Assisted Cooling Oscillation (TACO)

##### Contact Emergency Medical Services\*

- Grab a tarp
- Place heat stroke victim in the center of the tarp
- Lift the sides to make a sling
- Add cold water and ice
- Immerse them to their sternum/chest as well as you can while you wait for EMTs
- Oscillate the tarp so the water is continuously circulating
- Monitor vital signs (heart/breathing rate) and watch for symptoms of hypothermia while you wait for EMTs

## REMINDER: HEAT ILLNESS IS ***NOT*** A PROGRESSION!

*You can have a heat stroke without displaying symptoms of other heat illnesses before it happens.*



Safety Tips Source Acknowledgement:

Safety at work™

DA Varwig for SCNWO

# **Weekly Safety Share**



**OSHA Resources to Stay Safe in  
the Heat**



# SAFETY & HEALTH SHARE

## New OSHA Resources to Stay Safe in the Heat

### Young Workers and Heat Illness

Heat is a serious workplace hazard

PLAN AND RESPOND TO A  
HEAT EMERGENCY



OSHA has developed two new education resources for employers and workers.

**The first resource** is a [fact sheet highlighting young workers and heat illness](#) and the important precautions that this group of workers should take before starting their work in the heat, as well as what to look out for on the job.

According to data from the CDC, young workers experience higher rates of job-related injury than older workers.

As youth across the country begin their summer jobs and internships, learning about heat illness prevention is a **vital step for their safety**.

**The second resource** is a [short customizable conversation guide](#) for employers, managers, or supervisors to review with their workers.

The *Safety in Five on Heat Emergencies* is a 5-step, 5-minute conversation that employers can have with workers to plan and remind each other about the necessary actions to take in the event of a heat emergency.

The guide provides an opportunity to have meaningful conversations about planning, refreshing everyone's memory and concludes with a short quiz to reinforce the knowledge.

## Watch Out for Signs of a Heat Emergency

### HEAT EMERGENCY SIGNS

Abnormal Behavior / Difficulty Speaking / Seizures  
/ Fainting / Heavy Sweating / Hot, Dry Skin



### GET HELP! ACT FAST!

- 1 Call 911 immediately
- 2 Cool right away with water or ice
- 3 Remove extra clothing
- 4 Give cool water to drink
- 5 Do not leave alone

While some areas of the U.S. have already begun experiencing warm temperatures, the rest of the country is starting to heat up. OSHA encourages employers to download a copy of our [Heat Emergency Wallet Card](#). This offers a quick overview of the signs of a heat emergency and what to do when one happens at work. Remember to act fast and never leave someone experiencing a heat emergency alone.





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