

# AVOID HEAT STRESS

## the SYMPTOMS

### Heat stroke

- 1) High body temperature
  - 2) The absence of sweating
  - 3) Hot red or flushed dry skin
  - 4) Rapid pulse
  - 5) Difficulty breathing
  - 6) Strange behavior, hallucinations, confusion, agitation, disorientation, seizure, and/or coma
- Symptoms can vary from person to person.

### Heat exhaustion

- 1) Profuse sweating
- 2) Weakness
- 3) Muscle cramps
- 4) Headache
- 5) Nausea and vomiting

## ACTIONS

### Heat Stroke First Aid

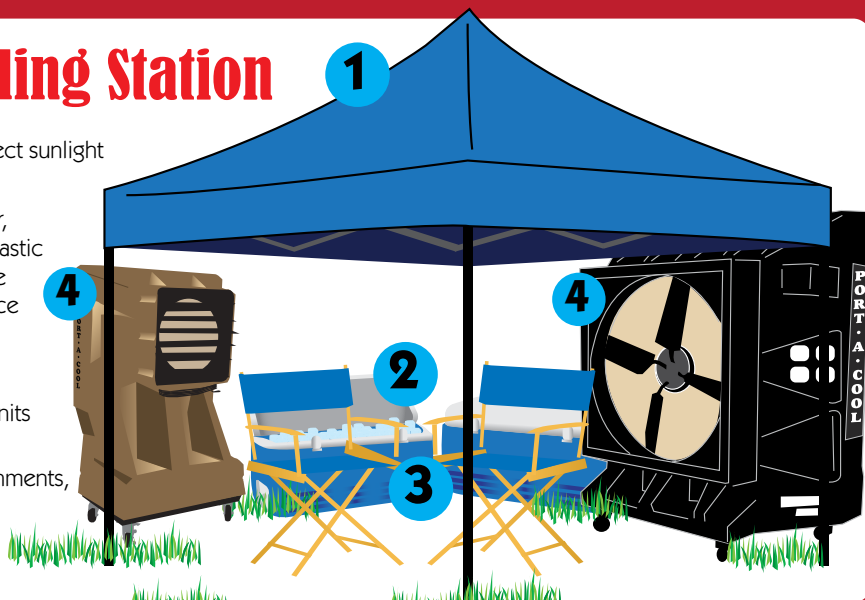
- Request immediate medical assistance.
- Move the worker to a cool, shaded area.
- Remove excess clothing and apply cool water to victims body

### Heat Exhaustion First Aid

- Rest in a cool area.
- Drink plenty of water or other cool beverages.
- Take a cool shower, bath, or sponge bath

## How to Create a Cooling Station

- 1 A pop-up gazebo helps to protect from direct sunlight
- 2 Large ice chests filled with ice, bottled water, and cool drinks, as well as damp cloths in plastic bags that can be used on pressure points like wrists and the back of the neck to help reduce core body temperature
- 3 Seating positioned directly in front of Port-A-Cool® portable evaporative cooling units
- 4 Used for outdoor activities or in work environments, Port-A-Cool® units help to reduce heat and are a must for cooling stations designed to combat extreme heat



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