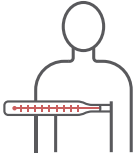


HEAT STROKE



SYMPTOMS



Fever over 40 degrees
Dry skin
Flushed skin



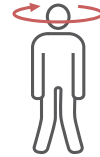
Pounding heart
Rapid heartbeat
Weakening heartbeat



Headache
Irritability



Nausea
Vomiting



Dizziness
Confusion
Trouble seeing



Fainting
Seizures

FIRST AID

1. Follow DRS ABCD

2. Call 000. Continue next steps while waiting for ambulance.

3. Move person to shady cool place.

4. Help person lie comfortably.

5. Remove clothing.

6. Apply cold pack to armpits, wrists, neck, ankles, groin.

7. Cover person with wet sheet and fan with air. Stop when person feels cool to touch.

8. Give water if person is conscious.



SLIP, SLOP, SLAP • HYDRATE • KEEP AN EYE ON YOUR MATE