



Heat wave = Danger

RECOGNIZE AND PREVENT HEAT STROKE

Alert signs: Severe fatigue, a feeling of intense loss of strength, dizziness, vertigo, hot skin, headache, nausea, severe headache and muscle cramps.

What to do?

- Cease all activity immediately.
- Rest under supervision in the shade or in a cool room and drink water.
- Contact the occupational physician or a first aider worker.

The symptoms should progressively improve, otherwise, there is a danger of heat stroke

Heat stroke:

It occurs abruptly when the body temperature usually 37°C increases to and above 40°C.

To the above signs are then added:

- General signs: dry and warm skin and mucous membranes (*oral cavity*).
- Neurosensory signs: restlessness, confusion or hallucinations and loss of consciousness.

It is a life-threatening emergency

You must imperatively:

- 1- Alert or notify the emergency services: PC Security 4018
- 2- Move the victim to a cool, ventilated area,
- 3- Undress or loosen their clothing.
- 4- Sprinkle the victim with water or place wet towels over the body surface, including the head and neck to lower body temperature (must be repeated regularly).
- 5- If possible, direct a fan towards the victim.
- 6- If the victim is conscious, give them cool water to drink in small quantities.
- 7- If the victim is unconscious, stay with them and wait for the emergency services. The FAW (First Aid Worker) puts them into recovery position and monitors their status.

Prevention measures:

- Avoid the consumption of alcohol,
- Drink at least the equivalent of a glass of water every 20 minutes, even if you do not feel thirsty,
- Consume light fractionated meals,
- Wear light clothes to enable the evaporation of sweat (cotton),
- Cover your head if you work outside,
- If your work requires special medical supervision (medication, chronic disease), consult the doctor.
- Minimize physical work as much as possible and postpone or share heavy workloads.