

## EMPLOYEE TRAINING RECORD

**TRAINING TITLE** Heat Exhaustion and Heat Stroke

### KEY TEACHING POINTS

- When working during hot weather, we may suffer heat exhaustion or heat stroke. Heat exhaustion and heat stroke occur when the body heats up faster than it can cool itself. Following are the symptoms of these ailments and the steps we should take to aid the victim.

#### Heat Exhaustion

- The first signs of heat exhaustion are dizziness, weakness, headache, blurred vision, and nausea. The face becomes pale, there is profuse sweating, the pulse is weak, and breathing is shallow. The person may become unconscious.
- When someone shows symptoms of heat exhaustion, immediately remove that person to a place where the air is circulating freely. Make the person lie down. If the victim is conscious, give them small sips of cool water at frequent intervals. If the heat exhaustion symptoms persist, call the doctor.

#### Heat Stroke (Sunstroke)

- The victim develops a severe headache, the face is red, the skin is hot and dry, there is no sweating, and the pulse is strong and very rapid. The person has a high fever (105 - 106 degrees Fahrenheit) and may become unconscious. This is followed by convulsions, coma, and sometimes death.
- Call for medical help immediately. In the meantime, get them out of the hot environment. Loosen their clothing and pour water over the entire body. Get air circulating around the body or move the individual to a ventilated location.

#### Prevention

- The risk of heat stress is increased by advanced age, obesity, use of drugs or alcohol and pre-existing diseases such as diabetes or cardiovascular conditions.
- To prevent heat stress or heat stroke wear appropriate clothing such as loose, light colored long sleeved shirts and a hat. Drink water at least once or twice an hour. Under normal circumstances, you need eight 8 ounce glasses of water a day. You lose a quart of water or more through sweating each hour you work in the heat. Avoid overuse of salt. Take rest breaks in a cool and shaded area. Take longer and more frequent breaks when it's very hot or if you are working very hard. Stay in shape. Being in good physical condition usually means your body will tolerate heat better and require less fluid replacement. Avoid alcohol or large amounts of caffeine before working in the heat.

### TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1 The first signs of heat exhaustion are dizziness, weakness, headache, blurred vision, and nausea.		
2 The first signs of heat stroke the victim develops a severe headache, the face is red, the skin is hot and dry, there is no sweating, and the pulse is strong and very rapid.		
3 When someone shows symptoms of heat exhaustion, immediately remove that person to a place where the air is circulating freely. Make the person lie down. If the victim is conscious, give them small sips of cool water at frequent intervals.		
4 Call for medical help immediately when someone is showing the signs of heat stroke. In the meantime, get them out of the hot environment. Loosen their clothing and pour water over the entire body. Get air circulating around the body or move the individual to a ventilated location.		
5 To prevent heat stress or heat stroke wear appropriate clothing such as loose, light colored long sleeved shirts and a hat. Drink water at least once or twice an hour.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE