

> HEAT DANGERS

**FIRST
WARNING**

FAINT OR DIZZY
EXCESSIVE SWEATING

COOL, PALE,
CLAMMY SKIN

RAPID, WEAK PULSE

MUSCLE CRAMPS

HEAT EXHAUSTION

- GET TO A COOL, AIR CONDITIONED PLACE
- DRINK WATER, IF CONSCIOUS
- TAKE A COOL SHOWER OR USE COLD COMPRESS



THROBBING HEADACHE
NO SWEATING

RED, HOT, DRY SKIN

RAPID, STRONG PULSE

MAY LOSE
CONSCIOUSNESS

HEAT STROKE

CALL 9-1-1