

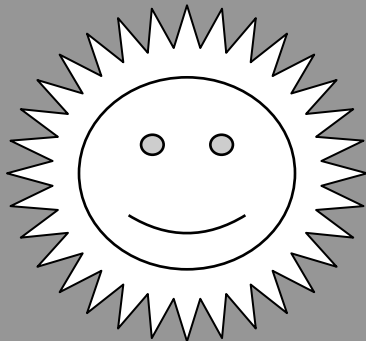


Avoid Heat Stress

Claims Administrative Services, Inc.

Our reputation for excellence is no accident.

The Sun
can be fun,
but
heatstroke
is no joke!



Avoid Heat Stress

Take frequent water breaks. If you wait until your thirsty, you've waited too long.

Wear light-colored, loose clothing.

Avoid caffeine, certain antibiotics, and alcohol; they accelerate dehydration.

Treat the Victim for Heat Stress

- Relocate victim out of sunlight.
- Loosen clothing; cool victim with best means available.
- Victim should lie or sit down.
- Give victim cool water in small sips and at frequent intervals.

HEAT EXHAUSTION

Dizziness, weakness, headache, blurred vision, nausea, muscle cramping, and staggering.

Face becomes pale, profuse sweating, pulse is weak, and breathing is shallow.

Know the Symptoms!

HEATSTROKE

Severe headache, face is red, skin is hot and dry.

Person is not sweating, and pulse is strong and very rapid.

Seek medical treatment immediately for heatstroke victims.