



## heat emergencies

Handling an environmental heat emergency doesn't have to be intimidating or stressful. Whether the victim is showing mild or severe signs of heat cramps, heat exhaustion or heat stroke, the steps to help the victim are always the same.

**POSSIBLE SOURCES:**

- Extreme hot weather
- Prolonged sun exposure
- Saunas
- Hot Yoga Environments

### FOLLOW THESE SIMPLE STEPS:

1. Remove the victim from the heat.
2. Keep the victim in the safe position - lying on their side in the recovery position.
3. Cool them down gradually with damp cloths and cool air.
4. Restore lost fluids by providing water.
5. Call 911 immediately if the victim has a low level of consciousness or if they are unconscious.
6. Continuously monitor ABCs.
7. Perform CPR if victim stops breathing.

**Stay cool and enjoy the remainder of this beautiful summer!**

**TIP:** Prevent environmental heat emergencies by staying out of direct sun and heat for extended periods of time, drink lots of fluids and take frequent rests.

**NOTE:** A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.

