

First aid tip of the month

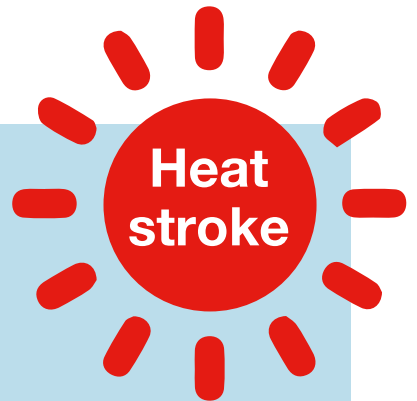
Heat exhaustion vs heat stroke

Spot the signs...

- may be sweating and have pale, cool skin
- may be dizzy or confused and complain of a headache
- may be nauseous

Heat exhaustion

- may have hot, flushed and dry skin
- may have a headache, feel dizzy or be confused and restless
- may get worse quickly and become unresponsive



Take action

If you suspect someone has heat exhaustion:

- Help them to a cool place and get them to rest
- Give them plenty of water to drink
- Seek medical advice
- If their condition gets worse, call 999 for emergency help

If you suspect someone has heat stroke:

- Call 999 immediately or get someone else to do it
- Cool them
- Keep cooling them while waiting for help to arrive