

First Aid for Heat Stroke

Spot it. Cool it. Call it. Fast.

Heat stroke is life-threatening. Every minute without cooling causes serious harm.



1

SPOT THE SIGNS

SIGNS & WHAT IT LOOKS LIKE

Confused or not responding: Drowsy, slurring words, or unconscious

Hot skin: Skin is hot and dry — or soaked in sweat

No sweating: Sweating has stopped — a serious red flag

Seizures or collapse: Body shakes, person falls

Temperature above 40°C: Use a thermometer if available. Do not wait for a reading to start cooling

CALL 000 — NOW.

Call an ambulance immediately. Do not wait to see if they improve.
Call and cool at the same time.

2

COOL THEM DOWN RIGHT NOW

1. Move them out of the heat. Get them to shade, indoors, or into air conditioning. Lay them down flat.

2. Remove extra clothing. Loosen and strip off any heavy or excess clothing straight away.

3. Cool their body. Use the best method you have. Start cooling immediately. Do not wait.

Cooling methods — use the best one available:

BEST

Cold water immersion

Submerge body neck-down in cold water. 15 minutes.

ALSO WORKS

Ice packs

Apply to armpits, groin, palms, soles, and cheeks.

ALSO WORKS

Wet cloth + fan

Wet the skin repeatedly. Fan non-stop.

3

HYDRATE (ONLY IF CONSCIOUS)

4. Give cool water to drink — only if fully awake. They must be conscious and able to swallow. Never give fluids to an unconscious person.

5. Sports drink is better after hard physical work. Any standard sports drink works. Plain cool water is fine if that is all you have.

IF THEY STOP BREATHING

Start CPR immediately.

Follow DRSABCD.

Do not stop until the ambulance arrives.



WHO IS MOST AT RISK?

Infants and young children
Adults over 65
Outdoor workers
Athletes and competitors
Anyone left in a parked car

