

# 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**
- Hot skin**
- No sweating**
- Seizures or collapse**
- Temperature above 40°C**

**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. Get them to shade, indoors**
  - 2. Remove extra clothing.**
  - 3. Cool their body.**
- Try the following:

 **BEST**

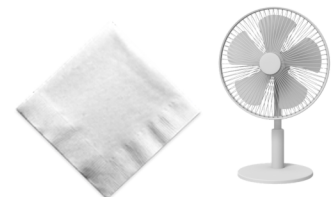
**Cold water immersion**



**ALSO WORKS**  
**Ice packs**



**ALSO WORKS**  
**Wet cloth + fan**



**3**

### HYDRATE (ONLY IF CONSCIOUS)

**Give cool water to drink — only if fully awake.**

### 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