

## SAFETY MEETING TOPIC

This form shall be completed and kept on file

Job Name \_\_\_\_\_ Location \_\_\_\_\_ Job No. \_\_\_\_\_  
Meeting Leader \_\_\_\_\_ Title \_\_\_\_\_  
Date Held \_\_\_\_\_ Place \_\_\_\_\_ Time \_\_\_\_\_  
Subject of Meeting SUN STROKE-HEAT STROKE

This is an extremely serious illness and is life threatening. It is caused by a malfunction in the body's ability to regulate its temperature.

A victim should be taken to a Doctor immediately. Statistics indicate that 25% of severe causes of sunstroke die.

Symptoms of heat stroke include lack of sweating; dry hot red skin; rapid pulse; flushed face; headaches; dizziness; nausea; vomiting and high temperature.

If the case is severe, the person may become delirious, disoriented and may collapse and go into a coma.

Attempts should be made to lower the body temperature. The first thing to do is get the victim into the shade. Then remove outer clothing. The person should be on their back with head and shoulders elevated. If unconscious, check to see that the tongue has not curled back into the throat. Apply cool water to the entire body. It is necessary to get the body temperature reduced as much as possible. Give no stimulants. If the person is being taken to a hospital or a Doctor's office continue this treatment en route.

Whether at work or at play, we should avoid prolonged exposure to the direct rays of the sun. We should wear light clothing covering as much of our body as practical to avoid sunburn, keep our heads covered, take salt tablets and drink non alcoholic liquids. Alcohol acts as a diuretic causing an accelerated loss of body fluids.