



**Short
Safety
Subject**

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:
www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Heat Disorders

Types of Heat Injury	Who's at Risk?	Treatment
<p>Heat Exhaustion Fainting or collapse Fatigue, weakness</p> <p>Heat Cramps Muscle Spasm, most often in - hands, calves, or feet</p> <p>Heat Stroke Body temperatures rises Rapidly. And the person becomes disoriented or confused. If treatment is not obtained the person may have seizures and become unconscious.</p>	<p>Older adults -- especially if no air conditioning Young children Homeless of poor without access to cool places Alcoholics Obese Athletes and outdoor workers Respiratory illnesses Cardiovascular illnesses Cerebrovascular disease Kidney disease</p>	<p>Cool off!! Air conditioning Cool, wet clothes Drink Fluids!!! Iced fluids Water with salt</p>

If You Have Symptoms of Heat Stroke

Call 911