

Performing Heat Stroke First Aid

AUSTRALIA - 000 IN AUSTRALIA

Checklist

- Call 000 for an ambulance immediately.
- Move the person to a cool, shaded area.
- Lay the person down and elevate their legs.
- Remove excess clothing.
- Cool the person rapidly:
 - Apply cold packs to armpits, neck, and groin.
 - Douse with cold water if possible.
 - Fan the person to help lower body temperature.
- Give sips of cool water if conscious.
- Monitor for signs of confusion, seizures, or unconsciousness.
- Stay with the person until help arrives.

HEAT STROKE IS A MEDICAL EMERGENCY!