

## Against the **heat stroke**, what should you know?

The body temperature can rise to 40 °C or higher within 10 to 15 minutes.



### Symptoms

- Very high body temperature (seizures)
- Confusion, altered mental status, slurred speech, irrational behaviour.
- Hot, dry skin or profuse sweating
- Total or partial loss of consciousness.



The most severity injury  
**¡Medical emergency!**



### First Aid Protocol

- Call 112 for emergency medical care.
- Move the worker to a shaded and cool place.
- Stay with the worker until emergency medical services arrive.
- Cool the worker quickly, using the following methods:
  - Remove clothes
  - Try to fan air over the worker to refresh the skin.
  - Apply cold cloths on the face and head.
  - Wet the body with cold water.
- Do not force the worker to drink water.

