

Preventing heat-related injuries

3 dos, 3 don'ts and 5 steps





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3 don'ts



Do not engage in outdoor activities from 10am to 2pm as that is the hottest time of the day



The temperature inside a car can rise quickly, never leave infants or young children alone in a vehicle



Do not drink alcohol or sugary drinks in an effort to stay hydrated



3 dos



Wear light colored clothing and spend as much time as possible in places that are cool or well ventilated



Keep hydrated, eat more fruit and vegetables. If engaged in outdoor activities, drink 2-4 cups of water every hour



Pay attention to the latest weather reports, learn how to prevent sunburn. If going outdoors take an umbrella or a hat





5 steps for heat injury first aid



- 1 Individuals suffering from heat injury should be moved to a shaded or cool place
- 2 Loosen clothing, get the person to lie down flat (if the individual has already vomited or feels nauseous make sure they lie on their side)
- 3 Help the body cool down by immersing oneself in cold water or by applying an ice pack to the neck, arm pits or groin area
- 4 If the individual remains conscious get them to drink water or a sports drink
- 5 Take individuals suffering from a heat injury to seek medical assistance as soon as possible to reduce the risk of fatality



In an emergency call 119. If you require interpretation services call the 1955 Hotline