

RECOGNIZE ESCALATION: Dehydration → Exhaustion → Stroke

HEAT STROKE

Body temp $\geq 104^{\circ}\text{F}$ / 40°C · Confusion, no sweating, hot dry skin

Call 911 immediately — cool with ice water, fan, wet towels

HEAT EXHAUSTION

Heavy sweating, weakness, cold/pale/clammy skin, fast/weak pulse

Move to cool area, loosen clothing, water + electrolytes, rest

EARLY DEHYDRATION

Thirst, dry mouth, dark urine, headache, fatigue

Drink water before you feel thirsty — thirst = already behind

HEAT STROKE = 911
DO NOT WAIT FOR IMPROVEMENT

Hydration as Life Safety

Hydration is an infrastructure system — plan it like power and sanitation

Event workers are highest risk: moving, in sun, often skipping breaks

Provide water stations within 300 ft of all work areas and crowd zones

Electrolytes matter in heat — plain water alone insufficient for heavy sweat

Buddy system: check on teammates every 30–45 min in heat above 90°F

Never ration water at an event — if supply is low, escalate immediately

Recognition Quick Reference

Urine color = fastest field test — pale yellow OK, dark amber = hydrate now

Confusion or stopped sweating in heat = Heat Stroke → 911

Alcohol and caffeine accelerate dehydration — double monitoring for staff

Children and elderly dehydrate faster — prioritize at family events