Heat can Kill

Possible Heat Casualty

Common Signs / Syptoms

- Dizziness
- Headache
- Nausea
- Unsteady walk
- Weakness or fatigue
- Muscle cramps

Immediate Actions

- Remove from training
- Allow person to rest in shade
- Loosen clothing
- Take sips of water
- Call for a medic to evaluate the person
- If no medic is available, call for an ambulance or MEDEVAC
- Use Iced Sheets for rapid cooling of suspected heat stroke victims

Keep'em Safe in Freedom's Frontier

Visit http://safety.korea.army.mil
for more information

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