

Heat Can Kill!

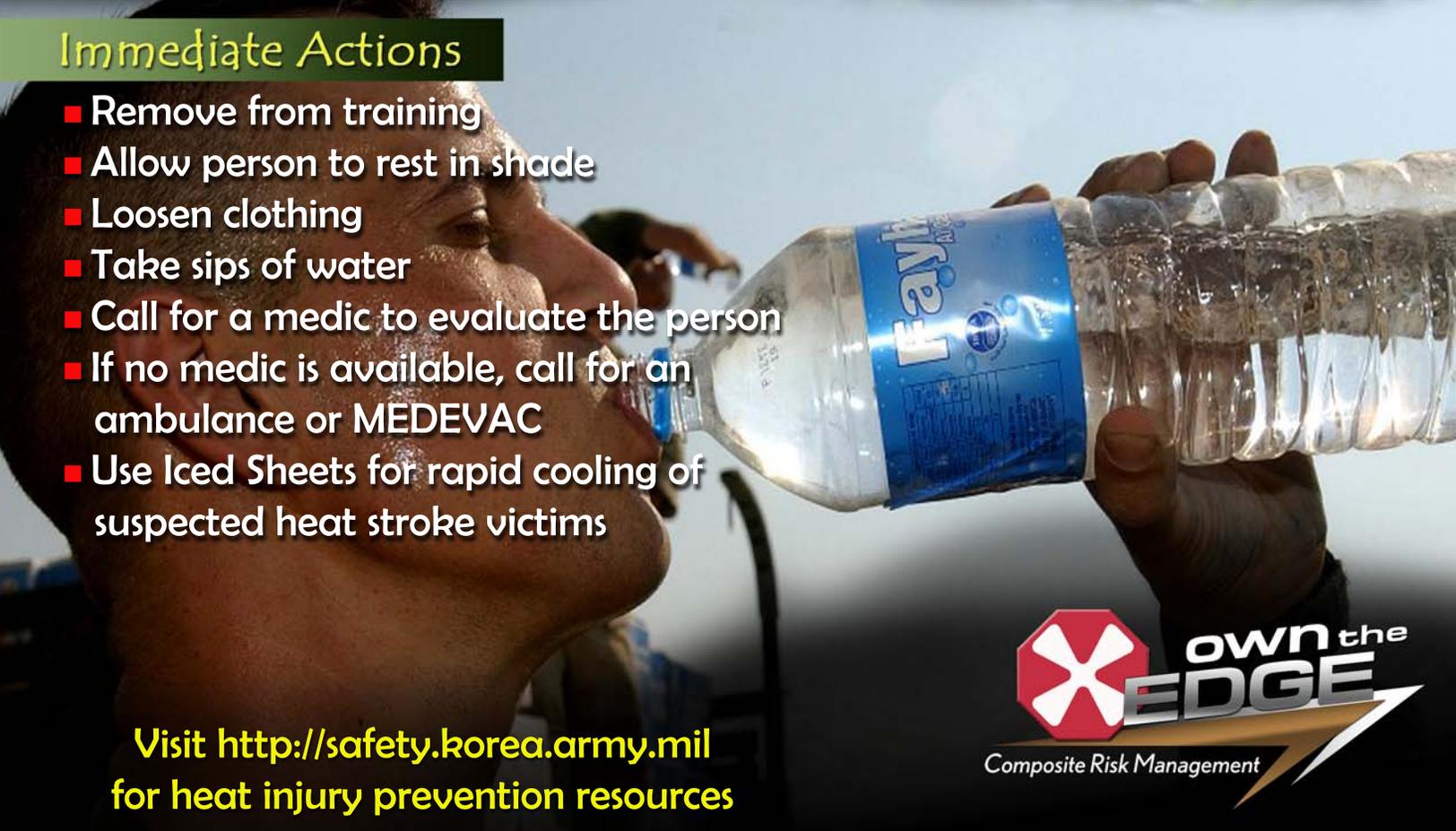
Possible Heat Casualty

Common Signs / Symptoms

- 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



Visit <http://safety.korea.army.mil>
for heat injury prevention resources