

Surviving Summer - Heat Stroke

Follow these safety and first-aid tips and avoid calling 911 later. By [Denise Mann](#) . From the WebMD

[Heat stroke](#) is a big problem for workers who are overdoing it on the job and can't say, 'I have to cool down and take a break. Older people, too, are susceptible, especially in a hot apartment with no air conditioning.

Stay ultra-hydrated to avoid heat stroke. Water is OK, but Gatorade and PowerAde with [electrolytes](#) are far better because they help replace salt and retain fluid. Knowing the warning signs is also key to staving off serious trouble. The first sign is cramping in the legs, and if that occurs, cool off and drink fluid until it goes away because if you don't, it can progress to [heat exhaustion](#) and then heat stroke. Cramping -- especially a [cramp](#) in the leg -- is a sign that the body is losing salt and electrolytes, and you really ought to heed it and light [sweating](#) gives way to more profuse, heavier [sweating](#), feeling lightheaded and maybe a little nauseous, and then you hit heat [stroke](#), your body stops [sweating](#), and can no longer cool itself.

Another peril of heat [stroke](#) is that as the body gets hotter and hotter, your [blood](#) gets thick and sludgy and makes you more likely to have a [stroke](#).

Some of the signs of heat stroke include:

- Red, hot, [dry skin](#)
- Rapid [pulse](#). Confusion. Dizziness
- Throbbing [headache](#)

Let the body cool down naturally in early stages of heat exhaustion. If you miss the signs and it progresses, put ice packs on the groin, armpits and neck where [blood](#) flows close to the surface.

Other ways to cool the body include immersing the body in cool water, placing the person in a cool shower, or wrapping the person in a cool, wet blanket.

"When you are sweating too much, it's time to come out of the sun. Stay out of hot sun for at least 15 or 20 minutes at a clip because the body can lose a significant amount of water content from sweating.

