

## Beware of heat strokes

### How to recognize a heat stroke?

Great Weakness

Nausea

Chills

Dizziness

Headache

Cramps



*If signs of severity are present:*

Incoherent speech

Loss of balance

Loss of consciousness



### Preventive measures

- Drink (even if you are not thirsty) 1 glass of water regularly (every 30 minutes), at least 1.5 L per day.
- Refresh yourself using a water spray or stay in a cool room.
- Reduce or postpone intense physical activity.
- Limit physical activity (use mechanical aids).
- Do not expose yourself under the sun.
- Wear light, light-coloured clothing and cover your head if working outdoors.
- Avoid drinking alcohol or caffeinated drinks (coffee, tea, etc.).
- Avoid isolated work.
- Stop all activity if you feel unwell. Notify a workplace first aider, colleagues. Consult a doctor.

### IT IS A VITAL EMERGENCY

- Call for help: 15 or local emergency service depending on the site;
- Place the person in the shade or to a cool, ventilated area;
- Loosen clothes;
- Cool the person with wet towels;
- If the person is conscious, give them small sips of cool water;
- If the person is unconscious and breathing, place them in the recovery position while waiting for help to arrive.

For more information:  
**0 800 06 66 66** (free)  
 meteo.fr • #canicule

\*Heatwave info service toll-free number: 0800 06 66 66.  
 Only available during heatwaves