- Ideal for hot work environments
- Protect yourself and your workers
- A necessity for anyone working outside in the hot sun
- Convenient and portable

# **Major forms of HEAT STRESS**

- 1. Heat cramps
- 2. Heat exhaustion
- 3. Heat stroke (life threatening)

# **HEAT CRAMPS**

Heat cramps are muscle spasms which usually affect the arms, legs or stomach.

First Aid: Sit in cool place. Drink water and/or electrolyte solutions. Rest body, return to work later.

# **HEAT EXHAUSTION**

Occurs when the body's internal air-conditioning system is overworked, but hasn't completely shut down.

First Aid: Move to cool location. Lie down with feet slightly elevated. Loosen clothing, apply cool, wet cloths and cold packs. Drink water and/or electrolyte drinks.

### **HEAT STROKE**

Occurs when the body has depleted its supply of water and salt. Body temperature rises to deadly levels.

First Aid: Lower body temperature. Pour water on them, fan them, apply cold packs. Drink water and/or electrolyte drinks. Call 911 and get an ambulance on the way ASAP.



P/N 85096

| Part No.  | Description                          | Qty. |
|-----------|--------------------------------------|------|
| • 216-033 | Instant Cold Packs, Junior           | 6    |
| • 286-038 | Rescue Blanket, 52" x 84"            | 4    |
| • 234-295 | Instant Cold Packs, Large            | 8    |
| • 232-200 | Electrolyte - 50/2'S (100 tablets)   | 1    |
| • 240-028 | Adhesive Tape - 1" x 5 yd. Spool     | 6    |
| • 512-008 | Sqwincher Qwik Stik Powder, 8-10 oz. | 6    |
| • 235-050 | Forehead Thermometer, Reusable       | 1    |

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P/N 85095

# Part No.

## • 216-033 • 240-034 • 509-009 • 286-038

• 512-008

• 235-050

# Description

| Description                          | Qty. |
|--------------------------------------|------|
| Instant Cold Packs, Junior           |      |
| Adhesive Tape - 1" x 10 yd. Spool    |      |
| Electrolyte - 25/2'S (50 tablets)    |      |
| Rescue Blanket, 52" x 84"            |      |
| Sqwincher Qwik Stik Powder, 8-10 oz. |      |
| Forehead Thermometer, Reusable       | 1    |



EXCEPTIONAL PRODUCTS, SERVICE AND INNOVATIVE SOLUTIONS