It is important that you stay cool and well-hydrated while at work and at play this summer.

**Dehydration**

Dehydration can cause noticeable discomfort and can lead to serious health implications. Dehydration is typically caused by a person becoming very sick with fever, diarrhea or vomiting, overexertion or if they are overexposed to the sun. Occasionally, dehydration can be caused by drugs, such as diuretics, which deplete body fluids & electrolytes. The condition is caused when the body loses water content & essential body salts. Whatever the cause, dehydration should be treated as soon as possible.

**Prevention:** drink plenty of fluids; schedule activity for the cooler parts of the day; try to maintain electrolyte balance (sports drinks)

**Symptoms:** thirst; dry skin/mouth, fatigue, light-headedness, less-frequent urination, confusion, headache, increased heart rate/breathing rate

**Treatment:** Drinking fluids is typically effective for treating cases of mild dehydration. Moderate dehydration may require intravenous fluids however, when caught early, drinking fluids is often adequate. Cases of serious dehydration should be treated as a medical emergency and immediate action should be taken.

**WHY HEALTH & SAFETY NEWSLETTER?**

Health and Safety is a priority at BCIT. OHS newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.
Heat Stroke

Heat stroke is typically the result of long, extreme exposure to the sun in which the body loses its ability to cool itself effectively. Heat stroke is the most severe form of heat illness & is a life threatening emergency.

Prevention: drink plenty of fluids, particularly during outdoor activities on hot days (avoid diuretics—coffee/tea/alcohol); wear lightweight, loose clothing (light colors); schedule activity for the cooler parts of the day; use a hat, sunglasses &/or umbrella to protect from the sun; gradually increase time spent in the sun to acclimatize to the heat; drink fluids & mist yourself regularly when performing outdoor activities.

Symptoms: headache, dizziness, fatigue, seizures, dry skin that is flushed but not sweaty; elevated body temperature, loss of consciousness, elevated heart beat, hallucinations

Treatment: It is imperative that heat stroke is treated immediately by medical professionals. Some measures to take while waiting for help to arrive include: get the person indoors; remove clothing & gently apply cool water to the skin followed by fanning (stimulates sweating); apply ice packs to groin & armpits; have the person lie down with feet slightly elevated.

July 2017 First Aid Summary Report

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school. To view the most recent first aid report CLICK HERE