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Heat stroke first aid do's and don'ts pdf

Heat stroke do's and don'ts.

Heat Wave Conditions, can cause physical effort, which could also lead to death. To minimize the impact during the heat wave and to prevent serious illness or death due to a heatstroke, it is possible to adopt the following measures: avoid going out in the sun, particularly between 12.00 and 03.00 drink sufficient water and the most often possible, although not lightweight thirsty, light color, loose, and porous cotton clothes. Use protective glasses, umbrella / hat, shoes or chappals while coming out in the sun. Avoid strenuous activities when the outer temperature is high. Avoid outside the working time between 12 and 15:00 during the journey, bring the water with you. Alcohol Avoid, tea, coffee and carbonated soft drinks, which dehydrate the body. Avoid protein content foods and not eating stale food. If you work outside, use a hat or umbrella and even use a damp cloth on your head, neck, face and arts Do not leave children or pets in parked vehicles if you feel faint or sick, consult a doctor immediately. Use Ors, homemade drinks such as lassed, thorani (rice water), lemon water, dairy, etc. that helps rehydrate the body. Keep animals in shadow and give them a lot of water to drink. Keep calm at home, use curtains, shutters or umbrella and windows open overnight. Use fans, moist clothing and take a bath in cold water frequently. Tips for the treatment of a person injured person: Lay the person in a cool place, under a shadow. Clean he / her with a damp cloth / wash the body frequently. Pour normal temperature water on the head. The main thing is to break down the body temperature. Give the ORS person to drink or lemon Sarbat / Torani or anything else is useful for rehydrating the body. Take the person immediately to the nearest health center. The patient needs an immediate admission, as heat shots could be fatal. Acclimating people at risk are those that came from a cooler at a warm climate. You can have such a person (s) visiting your family during the heat wave season. They should not move in the open field for a period of a week until the body is acclimatized to heat and should drink plenty of water. Acclimating you get gradual exposure to the warm environment during a wave of heat. 1. Definition for the purposes of this Agreement: - a) Also means Also Pty Ltd, including the participation companies or a subsidiary or its respective cause causes .. b) the customer means the original customer if an individual, association, society or other organization including any event cause. c) Rental elements include First Aid Kit, which include an external metal cabinet, internal countertop and consumable first aid d) Consumer means A first consumer aid contained in the metal external furniture. 2. Starting the contract a) also undertakes to provide rental and management of first aid kits in accordance with this agreement and this customer undertakes to appoint its only first aid service provider managed for the terms and conditions here The following that they appear. 3. Agreement period a) The agreement is for a period of 3 years starting from the date of installation. b) unless the client gives written communication of resolution of this contract which is received at the AlsoC   s office no less than 90 days before the expiry date, this agreement will be renewed automatically for a period equal to the original duration of which 3 (a). 4. Properties and access a) All rental articles will remain with also property in all times and all first aid consumables in Of the customer are at risk of the customer. Only supplied alsuit products must be stored inside the first aid kit. b) The Customer will give to the Alsoco, its employees or agents, at any reasonable moment during working hours, access to all the practicable parts of the premises wherein said rental elements are found for inspection and refueling purposes. c) the customer will make their first aid lesions registered so alk can can First aid reference The use of consumables. d) Risks in the first aid consumer materials provided under these terms and conditions switch to the customer immediately on delivery to the customer. 5. Use of consumption A) ALSO will only provide the first aid kits to the customer. The customer is the only responsible for the use of consumables, and also will not be responsible for demonstrating the customer how to use a consumer material. 6. Transfer the customer will not be able to sell this Agreement without the prior written consent of Alsoco. 7. Variations to supply and charges a) always reserve at Customer   s obligation to appoint Also as its only Managed First Aid Services provider, the customer can vary the quantity of rental pursuant to this agreement at any time up to 10 % subject to written notification. b) All goods and services will be provided in an agreed or monthly price (see Program on Retro page) or at prices so different as you can be notified to the customer at least 1 month before the modified prices that will enter into force. c) The Customer must allow 48 hours for the supply of a receipt after the consumption from an alcoh  s of a variant pursuant to this clause. A notification is considered received at the time of receiving due to the moment of transmission or sending by the customer. d) if I alcohore is able to provide a consumer material, subject to a notification by the customer, within 48 hours of receipt of the notification by also, also will inform the customer immediately and the advice of the delay expected as it provides that consumption. 8. Damage or loss a) If the customer's damage or loser any element provided that will be responsible for the cost of replacement and agrees to pay for such substitutions at the current list price. The customer must communicate immediately in writing that loss or damage occurs. b) Alsque, at your own expense, will replace the consumables used first aid based on wear. The customer is obliged to ensure the First Aid Kit is used only for genuine work injuries that are recorded in its accident register. Any use of the kit that is not recorded in the accident registry gives the right to charge for first aid consumables. 9. Terms of payment a) The contractual monthly fee is due for all 12 months during the calendar year, b) the number of rentals in detail in the prospectus represents the minimum contract cost per month. Any change in use as defined in clause 7 above or any other excess use as defined in clause 8 will be charged monthly at agreed load. c) payment is due 30 days from the date of the invoice d) in the event of non-payment also, at its discretion, suspend the service or resolve this contract and the customer will be responsible for the costs of recess and late payment incurred . If the services are suspended the agreed location fees applies for the duration of the suspension period. e) ALSO reserves the right to access the locals of customer   s without any responsibility for violation or any consequent damage and falling into possession of the aforementioned rental articles if the payment terms were not respected by for a period of 45 days from invoice date . 10. Resolution if the Customer wishes to annul this Agreement with effect from the expiry of this agreement for any different reason based on the provisions of clause 11 (B) a default, this can be done by not less than 90 days written communication Before the expiry date of this agreement for the Alcoh   s Office. At the expiry of this notice and the duration of this agreement, the customer must: a) return All rental elements in Alsoco. b) pay reinterpretation of costs for all warehouse deficiencies within 14 days. c) pay all other sums due within 14 days. In the absence of this cancellation one, this agreement will be automatically renewed for a period equal to the original duration of which 3 (a) above. 11. By default a) If the customer is in violation of any of the terms and of the delle of this Agreement, then Alsoco can be part of the Customer a notice of termination. At the service of such notice, the amount indicated in the Terms Clause 9 (b) payment for the balance of the term of this agreement, which will be immediately due and payable in Alsoco. All rental items in the customer's possession must be returned to Alsoco within 1 week from the date of notification of such notice. All rental items are not returned within that period shall be deemed to be lost and the customer is required to pay the appropriate amount Alsoco under Article 8. Subject to any rights in favor of un'Alsoco or the Customer under the provisions of this Agreement to the general law, upon service of a notice of cancellation pursuant to Article 10, neither party will in no further obligation to the order. b) In the event of a material breach of the Agreement by the Customer Alsoco Also immediately notified in writing of the alleged material breach and Alsoco it will have four weeks of being notified by the Customer to cure the material breach. If Alsoco fail to remedy the material breach within that period, the customer has the right to issue a second notice canceling the agreement immediately, without further responsibility. 12. COMPENSATION a) Alsoco and the Customer the release from each other reciprocally and indemnity against any or all requests for consequential damages or otherwise arising from: (i) the use or non-availability of products AlsoC   s, or (ii) following interruption or postponement of service caused by acts of God, strikes, industrial unrest, war, riots, explosions, fire accidents or any other cause not within the exclusive control of the Customer or Alsoco (force majeure), or (iii) improper use of consumables first aid by the customer, (iv) any damages, injuries or losses of any nature to any property or persons causing or in connection with the installation or use of the product (s) provided (v) damage or defects in the first consumables aid misuse, improper use, lack of maintenance or unauthorized modifications such rental equipment by the customer (vi) any delay in providing material consumption in line with Clause 7. b) In the event of any dispute, claim or dispute, performance or breach of this Agreement, each such request shall be submitted to arbitration before the Court of Sydney, New South Wales. c) Total statement Alsoco is currently limited to the equivalent of the total of the previous three months bills the customer for rental items. 13. Remembering and any process or another process to be served or sold as part of this agreement, is in written form and must be sufficiently served or given if served at or sent by registered letter or delivery Alsoco Recorded at l' detailed address on the front of this Agreement Customer service or the address indicated for this service agreement. 14. GENERAL AND 'intention that this agreement will be the basis of a commitment between the Alsoco and the client clearly defining all aspects       service. Alsoco can not be held liable for indirect effects arising from non-fulfillment of the obligations under this Agreement, a copy made which is held by the customer. 15. PRIVACY The customer agrees and authorize Alsoco to get customer information from third parties or disclose such information to third parties in the course of Alsoco business activities including but not limited to any credit agency or debt collection for the purposes credit rating or credit recovery and any direct marketing activities. The The holder of an account or continues for the purchase of goods and services from also are held by the also for the entire duration of the customer. The customer has the right to access the information held by also for revision or corrective purposes. Goals. Goals.

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