

HEAT-INDUCED ILLNESS

Symptoms



Heat stroke



Treatment

- ▶ Confusion
- ▶ Dizzy
- ▶ Dry skin
- ▶ Elevated body temperature > 40°C
- ▶ Faint
- ▶ Fast, shallow breathing
- ▶ Headache
- ▶ **Irrational, slurred speech**
- ▶ **Heavy sweating or lack of sweating indicating illness is very serious**
- ▶ Muscle cramps
- ▶ Nausea & vomiting
- ▶ Pale skin
- ▶ **Poor coordination**
- ▶ Rapid, weak pulse
- ▶ **Seizures and or loss of consciousness**
- ▶ **Visual disturbances**
- ▶ Weakness
- ▶ **Worsening mental state**

Heat exhaustion can rapidly lead to heat stroke. If symptoms are severe, get worse or do not improve quickly (within 10 minutes of **cooling treatment**) call **(000)** for emergency services.

Heat stroke is a life-threatening medical emergency. Implement cooling treatment immediately. Once in progress call (000) for emergency services.

Cooling treatment

- Stop all activity
- **IMMERSE** the whole body of the casualty in water (from the neck down). This is the most effective means of cooling.
 - 15 mins in cool or cold water for ages (> 5 years)
 - 15 mins in lukewarm water for ages (<5 years)

If this is not available then use a combination of the following:

- **STRIP** as much clothing as possible from the casualty moving them to a cool shaded area
- **SOAK** the casualty with any available cool or cold water or iced towels. Apply ice packs to the groin, armpits, cheeks, palms and soles
- **FAN** the casualty continuously
- Give frequent small amounts of cool water or oral rehydration electrolyte fluid "sports drink" if fully conscious and able to swallow

Heat exhaustion

- ▶ Confusion
- ▶ Dizzy
- ▶ Elevated body temperature
- ▶ Faint
- ▶ Fast, shallow breathing
- ▶ Headache
- ▶ Heavy sweating
- ▶ Muscle cramps
- ▶ Nausea & vomiting
- ▶ Pale skin
- ▶ Rapid, weak pulse
- ▶ Tingling or numbness
- ▶ Weakness

Heat cramps

- ▶ Cramping pains and uncontrolled muscle spasms in the abdomen, arms and legs
- ▶ Clammy/pale skin
- ▶ Nausea
- ▶ Heat cramps may also be a sign of heat exhaustion

- Stop activity
- Rest in a cool shaded area
- Gently stretch the affected muscle
- Apply ice packs
- Drink frequent small amounts of cool water or oral rehydration electrolyte fluid "sports drink". Wait for nausea to pass if present.

Seek medical advice if cramps last longer than 1hr or there is no improvement

Dehydration

- ▶ Bright/dark yellow urine
- ▶ Cool/clammy skin
- ▶ Decreased urination
- ▶ Dizzy
- ▶ Dry mouth
- ▶ Excessive sweating
- ▶ Fatigue
- ▶ Headache
- ▶ Lightheaded
- ▶ Pale skin
- ▶ Rapid heart rate
- ▶ Thirst



- Stop activity
- Rest in a cool shaded area
- Drink frequent small amounts of cool water or oral rehydration electrolyte fluid "sports drink"

Seek medical advice if there is no improvement