



Heat Exhaustion & Heat Stroke

Module 11



Heat Exhaustion & Heat Stroke

- Heat exhaustion is one of the heat-related syndromes. These syndromes range in severity and seriousness from mild to potentially life-threatening. Other types of heat-related illnesses include heat rash, heat cramps, heat syncope and heatstroke.
- Heat exhaustion can occur when your body loses too much water or salt — usually because of excessive sweating or dehydration. It can begin suddenly or happen over time, usually after working, exercising, or playing in the heat.

KNOW THE SIGNS

Heat Exhaustion

Faint or Dizzy

Excessive Sweating

Rapid,
Weak Pulse

Nausea or
Vomiting

Cool, Pale
Clammy Skin

Muscle Cramps

Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.

Heat Stroke

Throbbing Headache

May Lose
Consciousness

Rapid,
Strong Pulse

Nausea or Vomiting

Body Temperature
Above 103

Red, Hot, Dry Skin

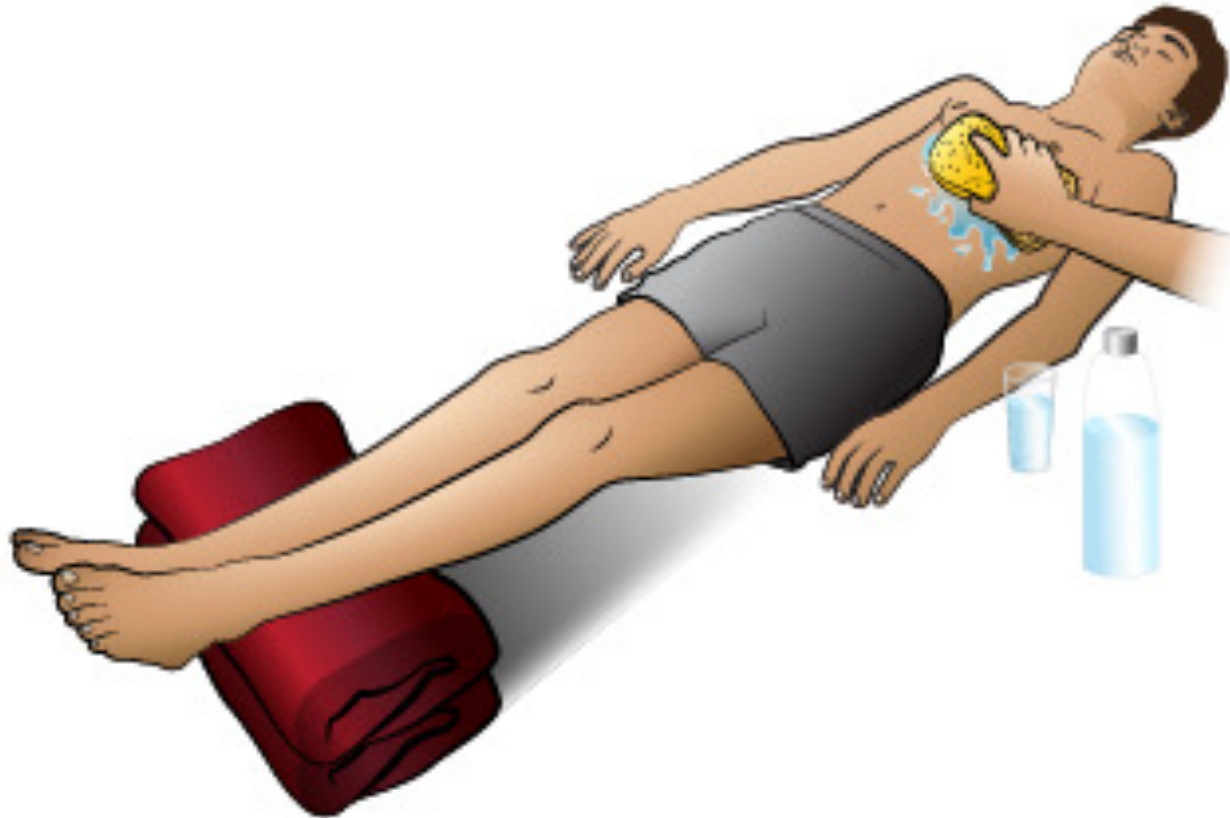
No Sweating

Call 911! Take immediate action to help cool the person until help arrives.

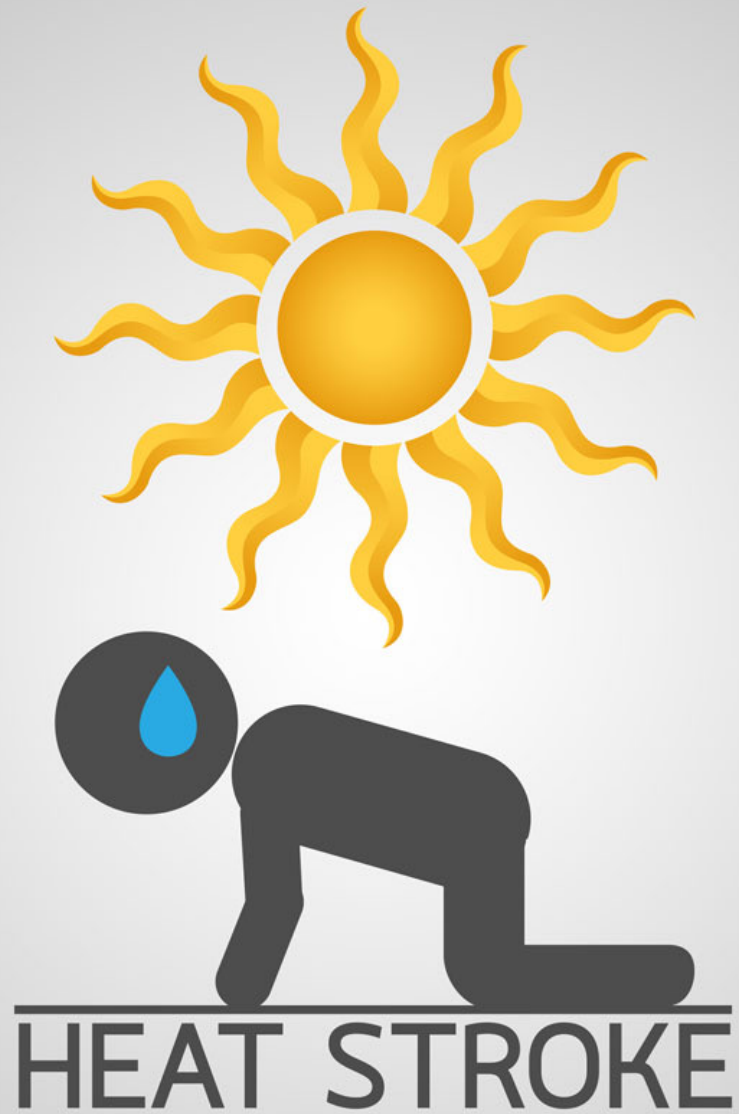
Signs and Symptoms of Heat Exhaustion

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing Muscle cramps
- Nausea or vomiting
- Headache
- Extreme thirst
- Mild confusion
- Decreased urine output

Heat Exhaustion Treatment Protocol



- Call 911 and Public Safety
- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and elevate the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person sip chilled water, a decaffeinated sports drink containing electrolytes or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully.



Heat Stroke

- Heatstroke occurs when your body temperature rises rapidly and you're unable to cool down. It can be life-threatening by causing damage to your brain and other vital organs. It may be caused by strenuous activity in the heat or by being in a hot place for too long. Heatstroke can occur without any previous heat-related condition, such as heat exhaustion.

Signs and Symptoms of Heat Stroke

- Fever of 104 degrees Fahrenheit (40 degrees Celsius) or greater
- Changes in mental status or behavior, such as confusion, agitation, and slurred speech
- Hot, dry skin or heavy sweating
- Nausea and vomiting
- Flushed skin
- Rapid pulse
- Rapid breathing
- Headache
- Fainting
- Seizure
- Coma



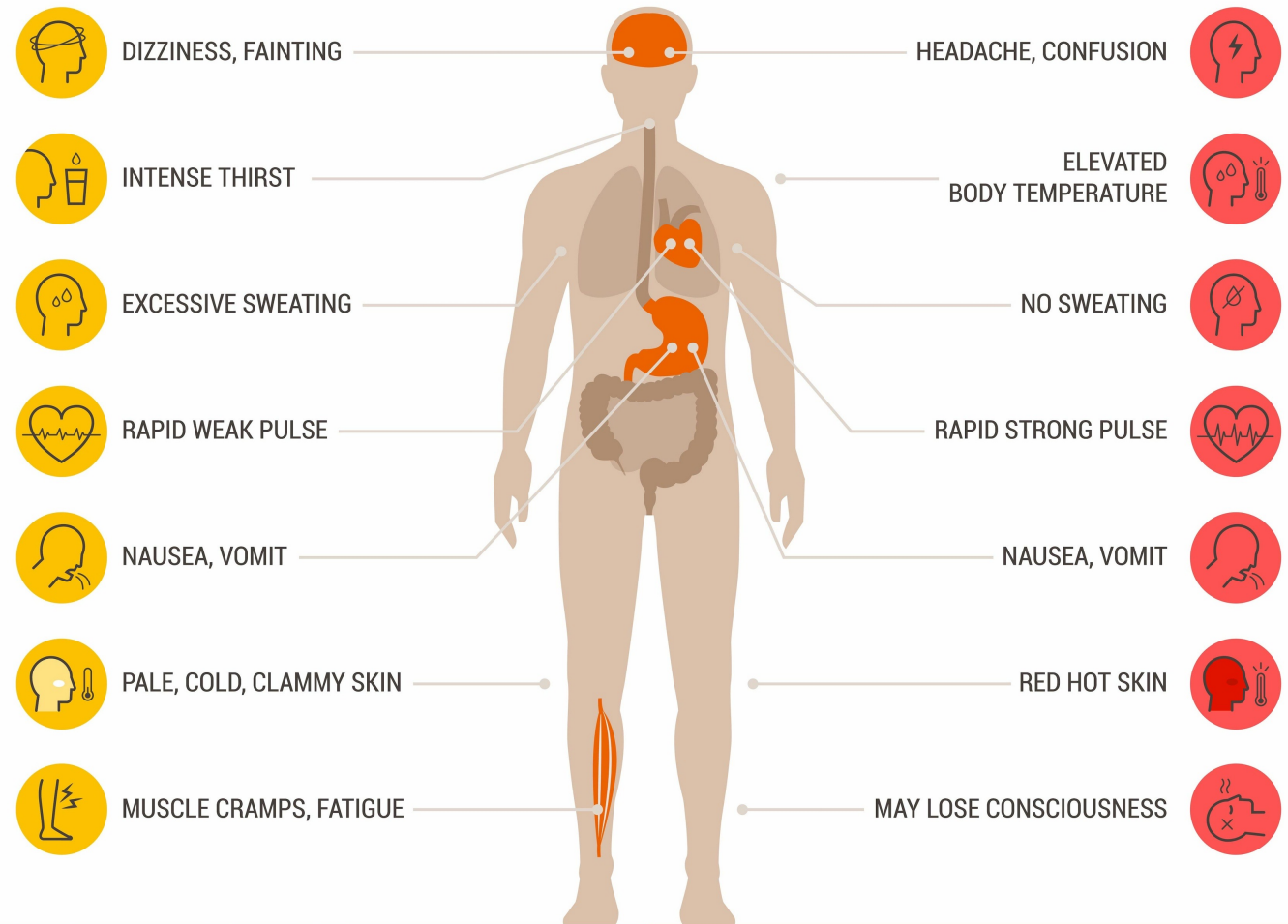
Heat Stroke Treatment Protocol

HEAT STROKE FIRST AID



1. Call 911 and Public Safety
2. Move the person out of the heat
3. Cool the person by whatever means available
 - Fever of 104 degrees Fahrenheit (40 degrees Celsius) or greater
 - Changes in mental status or behavior, such as confusion, agitation, and slurred speech
 - Hot, dry skin or heavy sweating
 - Nausea and vomiting
 - Flushed skin
 - Rapid pulse
 - Rapid breathing
 - Headache
 - Fainting
 - Seizure
4. If the person is conscious, offer chilled water, a sports drink containing electrolytes or other nonalcoholic beverage without caffeine.
5. Begin CPR if the person loses consciousness and shows no signs of circulation, such as breathing, coughing or movement.

Heat Exhaustion vs. Heat Stroke



HEAT EXHAUSTION

MOVE TO A COOLER PLACE
DRINK WATER IF ABLE
TAKE A COLD SHOWER, USE COLD COMPRESSES

HEAT STROKE

CALL EMERGENCY SERVICES
TAKE IMMEDIATE ACTION TO COOL THE PERSON

HEAT STROKE PREVENTION



WEAR LIGHT COLORED
LOOSE CLOTHING



WEAR SUNSCREEN



WEAR PROTECTION



NO ALCOHOL



DRINK PLENTY
OF FLUIDS



LIMIT
OUTDOOR TIME