

Heat Illness Symptoms and Treatment

Know what to do in case of emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practices and prearranged procedures for obtaining medical care, including ambulance service

1. **Heat Stroke - This is a medical emergency. DELAY COULD BE FATAL.**
 Immediately cool body while waiting for transfer to a hospital. Loosen clothing and place ice bags on the neck, in the armpit, and on the groin area. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source--The First Aider--September 1987)

2. **Heat Exhaustion - OBTAIN MEDICAL CARE AT ONCE.**
 Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if person is able to swallow and is conscious.

The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the person unrestricted access to water. Water breaks two or three times per hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an person drinks, and be sure he/she are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

Condition	Symptoms	Response Care
Heat Exhaustion	<ul style="list-style-type: none"> • Normal or slightly elevated body temperature • Pale, clammy skin with profuse perspiration • General weakness with possible headaches • Nausea and/or vomiting • Dizziness and/or fainting 	Stop activity immediately. Get victim to a cool, dry environment and drink plenty of fluids. Do not resume activity until normal fluid balances re-established (1-2 days)
Heat Stroke	<ul style="list-style-type: none"> • High body temperature (106°F or higher) • Hot, red and dry skin conditions • Rapid and strong pulse • Victim may be unconscious 	Requires immediate medical attention. While waiting for medical response, get victim to cool environment.