



HEAT RELATED EMERGENCIES

SIGNALS OF HEAT CRAMPS:

- Painful muscle spasms usually in the legs or abdomen.

SIGNALS OF HEAT EXHAUSTION:

- Cool, moist, pale, ashen or flushed skin
- Headache
- Nausea & or vomiting
- Dizziness
- Weakness and exhaustion

SIGNALS OF HEAT STROKE:

- Red, dry or moist skin
- Changes in consciousness(can vary from disorientation to unresponsiveness)
- Rapid, weak pulse
- Rapid, shallow breathing

TREATMENT OF HEAT CRAMPS

- Have the victim move to a cool place
- Give cool water to drink.
- Have the victim lightly stretch the muscle and gently massage the area.

TREATMENT OF HEAT EXHAUSTION

- Move the victim to a cooler environment
- Loosen or remove clothing.
- Fan the victim.
- Get the victim into circulating air while applying water with a cloth or sponge.
- If the victim is conscious, give small amounts of cool water to drink.

TREATMENT OF HEAT STROKE

- Follow the care steps for heat exhaustion.

NOTES

THE KEY IS TO RECOGNIZE AND TREAT HEAT-RELATED ILLNESS IN ITS EARLY STAGES.

DO NOT LET THE CONSCIOUS VICTIM DRINK TOO QUICKLY. GIVE ABOUT 4 OZ OF WATER EVERY 15 MINUTES.