

Heat related illnesses



DID YOU KNOW?

- We can lose up to one litre of body fluid per hour in hot conditions
- Dehydration occurs when your body does not have enough water and fluids that it needs
- As our body loses water and fluid, it also loses salt
- The combination of dehydration and salt loss will result in **heat related illnesses**

HEAT STRESS

Heat stress occurs when your body cannot cool itself enough to maintain a healthy temperature (37 °C).

Symptoms

- tiredness and lethargy
- headache
- dizziness
- feeling faint
- muscle cramps
- feeling thirsty
- urinating less often
- pale skin
- excess sweating or no sweating
- dark urine

Treatment

- Rest in a cool, well ventilated area
- Remove excess clothing
- Drink plenty of water and fluids
- apply a wet cloth, cold water or ice packs to the skin (armpits and groin)
- Use a fan to increase air movement

Heat stress is preventable. Failure to treat heat stress can result in Heat stroke.

HEAT STROKE

Heat stroke is an uncommon but life threatening complication of grossly elevated body temperature with exercise in heat stressed settings. REMEMBER: Early recognition of heat stroke and the appropriate first aid is critical in saving a life.

Signs to look for

The first signs of heat stroke show in the function of the brain and nervous system. Look for any signs of:

- Confusion/dizziness
- Blurred Vision
- Vomiting
- Incoherent speech
- Rapid heart rate
- Lack of sweat – hot flushed dry skin
- Abnormal walking
- Coma or seizures.

Treatment

Seek immediate medical assistance

While waiting for the ambulance to arrive, STRIP the person of as much clothing as possible.