

Heat Exhaustion and Heat Stroke

Heat Exhaustion

- It is the body's response to excessive loss of water and salt contained in sweat
- Elderly people, people with high blood pressure, and people working or exercising in a hot environment are more prone to heat exhaustion

Recognizing Heat Exhaustion

- Warning signs of heat exhaustion
 - heavy sweating
 - paleness
 - muscle cramps
 - tiredness
 - fainting
 - weakness
 - dizziness
 - headache
 - nausea/vomiting
- The skin may be cool and moist, pulse rate will be fast and weak, and breathing will be fast and shallow

Treating Heat Exhaustion

- Cooling measures for the patient:
 - cool, non-alcoholic beverages, as directed by a physician
 - rest
 - cool shower, bath, or sponge bath
 - an air-conditioned environment
 - lightweight clothing
- If symptoms worsen or last longer than one hour, seek immediate medical attention

Heat Stroke

- Occurs when the body becomes unable to control its temperature
- The body's temperature rises rapidly, the sweating mechanisms fail, and the body is unable to cool down

- The body's temperature may rise to 106°F or higher with 10-15 minutes
- Can cause death or permanent disability if emergency treatment is not given

Recognizing Heat Stroke

- Warning signs may include:
 - an extremely high body temperature
 - red, hot and dry skin (no sweating)
 - rapid, strong pulse
 - throbbing headache
 - dizziness
 - nausea
 - confusion
 - unconsciousness

Treating Heat Stroke

- Call for immediate medical assistance
- Get the person to a shady area
- Cool the person off rapidly using whatever methods you can (i.e. Immersing them in a tub of cool water)
- Monitor the body temperature and continue cooling efforts until the temperature drops to 101-102°F
- Do not give the person alcohol to drink

Treating Heat Stroke

- As a result of heat stroke, the person's muscles will begin to twitch uncontrollably:
 - Keep the victim from injuring themselves, do not place any objects in their mouth and do not give fluids
- If there is vomiting, keep the airway open by turning the victim on their side