

HEAT EXHAUSTION



CAUSE



DEHYDRATION & ELECTROLYTE LOSS

PROLONGED HEAT EXPOSURE, ESPECIALLY WITH PHYSICAL EXERTION



SIGNS & SYMPTOMS



**HEAVY
SWEATING**



**HEADACHE, DIZZINESS,
NAUSEA**



**PALE, CLAMMY
SKIN**



**MUSCLE
CRAMPS**



**RAPID, WEAK PULSE &
BREATHING**



ACTIONS



MOVE THE CASUALTY TO A COOL AREA



PROVIDE PLENTY OF WATER TO DRINK



ELECTROLYTE DRINKS ARE BENEFICIAL



**COOL THE BODY, WET CLOTHES,
SPRAY WITH COOL WATER**



**ELEVATE LEGS ABOVE HEART TO
IMPROVE CIRCULATION**



MONITOR



**MONITOR PULSE, BREATHING
AND OVERALL CONDITION**



**IF SYMPTOMS WORSEN OR DO NOT
IMPROVE, HEAT STROKE MAY BE
DEVELOPING**



YOUR GOALS



**REPLACE FLUIDS, BRING
DOWN BODY TEMPERATURE**



**MONITOR MENTAL STATUS
AND VITALS**



**SUMMON MEDICAL ASSISTANCE
IM SYMPTOMS WORSEN**

HEAT STROKE

WHAT IS IT?



DEFINED AS A BODY TEMP OF 104°F OR HIGHER

HYPERTHERMIA (HEAT STROKE) CAN DEVELOPE RAPIDLY, WITH UNCONCIOUSNESS IN MINUTES



CAUSE



CAUSED BY FEVER, DRUGS AND EXPOSURE TO VERY HOT ENVIRONMENTS



SIGNS & SYMPTOMS



HEADACHE,
DIZZINESS,
NAUSEA



HOT, FLUSHED,
DRY SKIN



CONFUSION &
RESTLESSNESS



FULL,
BOUNDED
PULSE



UNCONCIOUSNESS
& DEATH



ACTIONS



MOVE THE CASUALTY TO A COOL AREA



IMMERSE PERSON IN COLD WATER
OR ICE BATH



APPLY ICE PACKS TO NECK, ARMPIT
AND GROIN



COOL THE BODY, WET CLOTHES, SPRAY
WITH COOL WATER WHILE FANNING



SUMMON URGENT MEDICAL ASSISTANCE



YOUR GOALS



COOL RAPIDLY



SUMMON MEDICAL ASSISTANCE