

# Heat - Induced Conditions

## General Management

1. DRSABCD
2. Move the casualty to a cool environment
3. Give fluids to drink in small amounts

## Signs & Symptoms

### Heat Stroke: a medical emergency

- High body temperature of 40°C or more
- Flushed and dry skin
- Pounding rapid pulse
- Headache, nausea and/or vomiting
- Dizziness and visual disturbances
- Irritability and mental confusion which may progress to seizure and unconsciousness

## Management of Heat Stroke

1. Follow DRSABCD.
2. Apply cold packs or wrapped ice to the patient's neck, groin and armpits.
3. Cover the casualty with a wet sheet.
4. Ensure an ambulance has been called.
5. Give water to the casualty if they are fully conscious and able to swallow.
6. Seek urgent medical attention if the casualty has a seizure or becomes unconscious.

# Heat - Induced Conditions

## Signs & Symptoms

### Heat Cramps

- Significant sweating with involuntary spasm of the large muscles in the body
- Dizziness, fatigue, vomiting, headache, fast heartbeat, shortness of breath, or a high temperature (greater than 104 degrees), get immediate medical care

## Signs & Symptoms

### Heat Exhaustion

- Feeling hot, exhausted, weak and fatigued
- Persistent headache
- Thirst and nausea
- Giddiness and faintness
- Rapid breathing and shortness of breath
- Pale, cool, clammy skin
- Rapid, weak pulse

## Management of Heat Cramps

1. Ask the casualty to stop the activity and rest in a cool environment.
2. Gently stretch the affected muscle and massage gently if this assists in relieving pain.
3. Place an ice pack on muscle area.
4. Give cool water to drink.

## Management of Heat Exhaustion

1. Move the casualty to lie down in a cool place with circulating air.
2. Loosen tight clothing and/or remove unnecessary garments.
3. Sponge the casualty with cool water.
4. Give the conscious casualty fluids to drink.
5. Seek medical attention if the casualty vomits or does not recover quickly.