

SIGNS & SYMPTOMS of HEAT EXHAUSTION & HEAT STROKE

HEAT EXHAUSTION

Heat exhaustion, also called **heat prostration** or **heat collapse**, is the most common serious illness caused by heat. It occurs as a result of water and salt depletion along with pooling of the blood in the peripheral circulatory system such as the arms and especially the legs. Heat exhaustion tends to occur, similar to heat cramp victims, in persons who are exerting themselves in hot environments. However, heat exhaustion is also common in persons that are dehydrated. Someone who develops heat exhaustion is said to be in hypovolemic shock.

Symptoms May Include:

- a) Nausea
- b) Dizziness
- c) Headache
- d) Blurred vision
- e) Cold/wet (clammy) grayish skin or
- f) Disorientation
- g) Feeling faint
- h) Excessive Sweating
- i) Rapid pulse
- j) Muscle cramping

☀ **NOTE:** Heat exhaustion may come on suddenly as syncope (fainting) and collapse. **This is especially true if the crew or cast member has been sitting or standing for long periods of time with little movement.** The pooling of blood causes a decrease in blood supplied to the brain causing a syncopal (fainting) episode. The vital signs may be normal, although the pulse is often rapid. The body temperature is usually normal or slightly elevated, but on rare occasions it may be as high as 40°C.

Treatment Includes:

- a) Removal from the heat
- b) Seek medical attention (First Aid, hospital, medical provider) and/or call 911
- c) Replenish fluids; use water and Gatorade type drinks (isotonic fluids); rest.

Recovery from heat exhaustion may take from days to weeks. Longer periods may be required before a person can return to a heat stress environment. If the symptoms are recognized early and action taken, the condition can be alleviated. If not treated, heat exhaustion can develop into heatstroke.

HEAT STROKE

Heatstroke is the least common but most serious heat illness caused by heat exposure. It is caused by a severe disturbance in the heat regulating mechanism of the body and is a true medical emergency.

Left untreated, heatstroke may result in death.

Heatstroke normally occurs in very hot and humid weather conditions. Because the body cannot dissipate heat as well or at all, the core temperature can soar. High humid conditions reduce the effectiveness of sweating, the evaporation of sweat, and radiation of heat from the body. If one continues to exert themselves under these conditions the heat will build up inside the body and cause the core temperature to soar.

Symptoms May Include:

- a) Chills
- b) High fever
- c) Irritability or restlessness
- d) Convulsions
- e) Rapid shallow breathing
- f) Disorientation
- g) Red face, hot, dry skin
- h) Rapid, strong pulse
- i) Absence of sweating
- j) Throbbing headache
- k) Syncopal (Fainting) episode/loss of consciousness

☀ NOTE: Heatstroke left unattended will likely result in DEATH. Early in the course of heatstroke, the patient may still be sweating and the skin may be moist or wet. As the body core temperature (the temperature of the heart, lungs, and other vital organs) rises, the patient's level of consciousness falls. As the patient becomes unresponsive, the pulse becomes weaker and the blood pressure falls.

Treatment includes:

- a) Seek medical attention (First Aid, hospital, medical provider) and/or **call 911 immediately.**
- b) Remove from heat.
- c) Lie on back with feet elevated.
- d) Start aggressive cooling with wet cloths, alcohol wipes or immersion into tepid water.
- e) Transport to a medical facility as soon as possible

HEAT EXHAUSTION	HEAT STROKE
<p>Symptoms</p> <ul style="list-style-type: none">- Faint or Dizzy- Headache- Profuse Sweating- Irritability- Weak, Rapid Pulse- Shallow Breathing- Pale, Cool, Clammy Skin- Nausea or Vomiting- Muscle Cramps <p>Treatment</p> <ol style="list-style-type: none">1) Have victim lie down in a cool shaded area or air conditioned area.2) Drink water if victim is conscious.3) Use caution when victim stands up, apply cold compresses.	<p>Symptoms</p> <ul style="list-style-type: none">- Absence of Sweating- Pulsating Headache- Hot, Red, Dry Skin- High Body Temp: Above 103- Nausea or Vomiting- Strong, Rapid Pulse- Confusion- Convulsions- May Lose Consciousness <p>Treatment</p> <ol style="list-style-type: none">1) DIAL 9112) Take action to cool victim by any means. Place victims in a cool area, wrap in wet towel, sponge victim with cool water.



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Info Source: MayoClinic.org