

Heat exhaustion and heat stroke: KILLER HEAT



CAUSES

- Your body warms up in WARM WEATHER and tries to lose heat.
- Sweat evaporates and cools the body but water and salts are lost.
- HEAT EXHAUSTION and DEYHDRATION and HEAT STROKE occur when heat exceeds your ability to cool off and/or replace lost water and electrolytes

SIGNS OF HEAT EXHAUSTION

Watch out for “ickY’s” ... sicky, sticky, prickly, heady, laggy, dizzy, crampy...

Headache, dizziness and confusion
Excessive tiredness
Sluggish, lagging behind group
Loss of appetite, feeling sick
Irrational, irate behaviour
Excessive sweating and pale clammy skin; feeling cold
Cramps in arms, legs and stomach
Rapid weak pulse

HEAT STROKE

Heat stroke is a medical emergency. It is when heat exhaustion is not treated and the body's core temperature rises dangerously. In addition to symptoms above, increased breathing, mental confusion, lethargy and unconsciousness and sweating suddenly stops. Heat stroke can damage the brain and vital organs and cause death.

TREATMENT

- EVERYONE STOP!
- FIND a cooler shady place to rest
- DRINK plenty of water
- COOL skin – spray or sponge skin with cool water; fan them. Do NOT immerse in river or stream
- Lie casualty down and raise feet slightly
- Remove any unnecessary clothing
- Every few minutes, check their breathing and pulse are ok
- Stay with them until they are better
- If they do not start to cool down and feel better within 30mins CALL 999
- Then follow RGS emergency procedures

AVOID HEAT exhaustion and heat stroke

- DRINK sufficient water on hike (>1ltr). Drink plenty at breakfast. Drink little and often on route
- **SLIP** into loose clothing; **SLAP** on a hat and sun glasses; **SLOP** on sun cream
- COOL down at streams, dip your hat in the water to wet head
- EAT balanced diet to replace salts. AVOID too much caffeine
- SET OFF early to avoid heat of the day
- Add PURIFYING TABLETS to stream water
- Take REHYDRATION SALT sachets in first aid kit

AVOID other warm season weather risks

SUN BURN: apply sun cream, wear a SUN HAT. Wear loose clothing.

TICKS: increasing outbreaks. Check body for ticks and remove correctly. Ask if unsure.

HEAT RASH: prickly heat, redness, itchy spots. Drink plenty, wear loose clothing, cool water wash.

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