



# HEAT INJURIES



TYPE	CAUSE	SYMPTOMS	TEATMENT
Dehydration	Not Drinking enough Water	Sluggishness Listlessness	Drink Plenty of Water Before, During, After
Heat Exhaustion	loss of too much water and salt	Dizziness Nausea Headache Cramps Rapid Weak Pulse Cool, Wet Skin	Move to cool place Shade Lay Flat Loosen Clothing Elevate Feet Sip water Pour water on the body Seek Medical Aid
Heat Cramps	Loss of too much salt	Painful Muscle cramps	Same as Above
Heatstroke (Sunstroke)	Breakdown in the body's heat control mechanism. (The body can't cool it's self) Happens when not acclimatized, recent illness, diarrhea Heatstroke can KILL if not treated quickly	Hot, Red, DRY SKIN (most important sign) No sweating when you should be. Very High Temp (105 to 110 degrees) Rapid Pulse Seeing "Spots" Headache, nausea, dizziness, mental confusion. Sudden collapse	Cool victim immediately, remove clothes, Pour water on them fan them, apply ice Give them cool water if conscious Rub Arms and Legs CALL 911 This is a serious medical Emergency!

**DRINK WATER!**