



BEAT THE HEAT: RESPONDING TO HEAT STRESS FACT SHEET

Heat Cramps

Symptoms:

- Painful muscle spasms in limbs or abdomen

Treatment:

- Stop strenuous activity and advise your supervisor
- Rehydrate with water
- Rest in a cool environment
- Contact Origin Field Medical Support

Heat Exhaustion

Symptoms:

- Cool, moist, pale skin
- Headache and nausea
- Dizziness and weakness
- Fainting, exhaustion and sweating
- Thirst
- Rapid, weak pulse
- Moderately elevated body temperature (but less than 40°C)

Confusion, nausea, dizziness?

Treatment:

- Contact Origin Field Medical Support immediately
- Move person to a cool environment, loosen and remove excess clothing
- Apply cool wet cloths to armpits, groin, neck and forehead
- If fully conscious, give sips of water
- If unconscious, follow DRSABCD*
- Stay until help arrives

Heat Stroke

Symptoms:

- High body temperature (above 40°C)
- Red, hot, dry skin (although profuse sweating can occur)
- Confusion and blurred vision
- Seizures
- Full, bounding pulse
- Rapid, shallow breathing

Fatigue, weakness & restlessness?

Treatment:

- Contact Origin Field Medical Support immediately
- Move the person to a cool environment, loosen and remove excess clothing
- Douse person in cool water
- Apply wrapped ice packs to armpits, groin and neck and fan vigorously
- If fully conscious, give sips of water
- If unconscious, follow DRSABCD*
- Stay until help arrives

*DRSABCD: Check for danger. Check for response. Send for help. Clear airway. Check for normal breathing. Start CPR and AED.