

HEAT INJURIES

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Heat Exhaustion occurs when the body is exposed to prolonged physical activity in hot temperatures. This may cause the body to loose fluids and body chemicals.

Heat Stroke is a life threatening condition. It occurs when the patient's body has an extremely high temperature from prolonged physical activity resulting in the body's inability to maintain it's temperature.

Heat Stroke: 2 Types

Classic heatstroke occurs when the body's temperature controls stop working

Exertional heatstroke occurs when the body has been over exerted in high temperature environments

Signs of Heat Exhaustion:

- Rapid breathing
- Vomitting
- Pale, cool skin
- Weak and dizzy
- Muscles cramp up
- Sweating

Treatment:

- Move to cool area (shade is best)
- Treat for Shock
- Give cool water (if conscious)
- Cool the patient with a fan or cool damp cloth

Signs of Heat Stroke:

- Rapid pulse
- Dry skin (classic heatstroke)
- Sweaty skin (exertion heatstroke)
- Noisy breathing
- Vomiting
- Convulsions
- Unconsciousness

Treatment:

- Call 911
- Remove clothing
- Move to cool area and treat for Shock
- Apply a cool wet cloth to the head, armpits, groin and chest areas.
- Cool the patient with a fan