

## Summary of Heat Injury Signs/Symptoms and First-Aid

Injury	Signs/Symptoms	First-Aid Treatment
Heat Syncope	Fainting	Move to cool area. Allow to recline and provide cool water. Recovery will be prompt and complete.
Heat Cramps	Muscle cramps of the arms, legs, and/or stomach and excessive sweating.	Move to cool area or improvise shade. Loosen clothing. Monitor the individual and give water as tolerated. Should slowly drink at least one quart of water.
Heat Exhaustion	Heavy sweating with pale, moist, cool skin; headache, weakness, dizziness, and/or loss of appetite, heat cramps, nausea (with or without vomiting), chills, rapid breathing, change in mental status, confusion, and tingling of the arms and/or feet. Core temperature is 104°F or less.	Move to cool area or improvise shade. Loosen or remove clothing. Monitor the individual and give water as tolerated. Should slowly drink at least one quart of water. Spray or pour water on individual and fan to cause a cooling effect. Urgent medical evaluation is indicated, especially if there are mental status changes. Put ice packs on armpits and neck.
Heat Stroke	The individual stops sweating (hot, dry skin). May experience headache, dizziness, nausea, fast pulse and respiration, seizures and mental confusion. They may collapse and suddenly become unconscious. Core temperature is greater than 104°F, typically around 108°F(although it may be as low as 102°F). THIS IS A MEDICAL EMERGENCY.	<b>HEAT STROKE IS A LIFE-THREATENING MEDICAL EMERGENCY.</b> Move individual to a cool area or improvise shade. Loosen or remove clothing. Start cooling the individual immediately. Spray or pour water on individual and fan. Elevate legs. Put ice packs on armpits and neck. If conscious, individual should slowly drink at least 1 cup (8 oz.) of cool water every 20 minutes. Do not force water if abdominal discomfort occurs. Seek medical aid immediately. Continue cooling while awaiting EMS transport, and continue first aid while in route.