

HEAT EXHAUSTION



A Life Threatening Emergency!

Heat exhaustion is a serious illness often brought on by overexertion or profuse sweating in a hot, humid, poorly ventilated environment. If heat exhaustion is recognized and treated promptly, the effects can be easily reversed.

Symptoms

- Feeling weak, faint or dizzy with a headache or nausea
- Cold, clammy skin with ashen pallor
- Dry tongue and thirst
- Severe muscle fatigue
- Loss of appetite
- Profuse sweating
- Physical collapse, with muscle fatigue and sometimes cramping

Treatment

- Move the person into a cool place out of the sun
- Loosen any tight-fitting clothing
- Offer the person fluids such as water, fruit or vegetables juices, or sports drink. NO alcohol or caffeine
- Help the person cool off by sponging him or her with cool water

For More Facts on Heat Exhaustion Please go to the Following Links:

http://www.medicinenet.com/heat_exhaustion/article.htm

<http://www.mayoclinic.com/health/first-aid-heat-exhaustion/FA00020>

http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=182&topcategory=Wellness

