

FIRST AID FACT SHEET

Heat Induced Conditions

Heat induced conditions occur when the body's core temperature is elevated. This is known as Hyperthermia and it consists of two stages; heat exhaustion and heat stroke.

Caused by

- + Hot weather, excessive exercise or exertion.
- + Elderly or children unable to cope with temperature changes.

Signs & symptoms

Heat exhaustion

- + Painful muscle cramps in legs and abdomen.
- + Feeling hot, exhausted and weak.
- + Rapid breathing, shortness of breath and pale, cool clammy skin.

Heat stroke

- + High body temperature >40°C.
- + Flushed hot, dry skin.
- + Pounding, rapid pulse which gradually weakens.
- + Thirst, headache, nausea, vomiting, dizziness, faintness.
- + Altered mental state which may progress to seizures unconsciousness/death.

What to do

1. Follow DRSABCD St John Action Plan.
2. Stop any activity and rest and reassure the casualty in a cool place with circulating air.
3. Loosen tight clothing and remove unnecessary garments.
4. Give cool fluids to drink - frequent sips.

Heat exhaustion (in addition)

1. Sponge with cool water, stop when they feel cool to the touch. Ensure that the casualty does not get too cold.
2. Seek medical aid if casualty vomits or does not recover promptly.

Heat stroke (in addition)

1. Apply cool packs or ice to areas of large blood vessels (neck, groin and armpits) to speed up cooling.
2. If possible cover with a wet sheet/towel, fan to increase air circulation (stop cooling when body is cold to touch). Ensure that the casualty does not get too cold.
3. Give sips of cool fluids if fully conscious and able to swallow.
4. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.



In a medical emergency
call **Triple Zero (000)**

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