

Heat Illness

Types

Heat Cramps

WHO - Low body fat and in shape

WHAT - Calf, abdomen, groin cramping

CAUSE - heavy sweating and electrolyte imbalance

Tx - H₂O, stretching, ice massage, electrolyte replacement

PREVENT - pre-hydration, good nutrition

Heat Exhaustion

WHO - overweight, out of shape, high body fat %

WHAT - excessive thirst, weight loss, mental dullness,
increased body temp, pale moist skin, weak rapid
pulse

CAUSE - prolonged sweating, inadequate fluid replacement,
diarrhea

Tx - rest, increased h₂o intake, rehydration

PREVENT - adequate h₂o, acclimatization, rest and cooling
opportunities

Heat Stroke

WHO - anyone

WHAT - less sweating, increased pulse (160-180bpm),
increased respiration, increased temp (105-106),
red hot & dry skin, strong rapid pulse possible
unconsciousness

CAUSE - Thermoregulatory failure of sudden onset

Tx - immediate transport to hospital, decrease in body temp
(ice in joints)

PREVENT - Acclimation, drug screening, h₂o intake, adapt
to environment.