



Heat related injuries

**All of us have fun in
the sun but the sun is
not always fun!**



There are three types of heat related injuries

- **Heat Cramps**

The body is still able to cool but excessive electrolyte loss.

- **Heat Stress**

Body Temp is increased sweating slows down body Temp high.

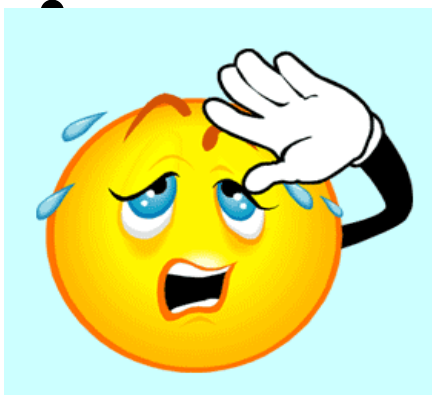
- **Heat Stroke**

No sweating temp is real high, unconscious, Death.

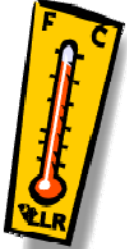
Heat Cramps



- The electrolytes in the body are sweated out and the cramps in the arms and legs are starting.
- Potassium and sodium are needed to correct the problem.
- Body temp. is up and light headed and dizziness will be present.
- Nausea/ vomiting with general weakness will occur.
- Sometimes chills will occur even if your still in the heat.



PREVENT HEAT STRESS



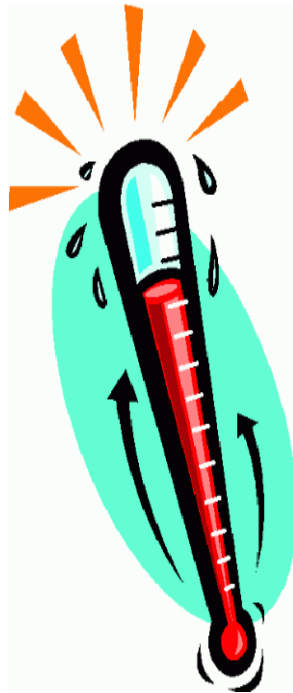
Heat Stress

- The body is about to deplete its fluid supply and sweating is becoming more difficult and cooling the body is not happening.
- You feel light headed and dizzy and you will start seeing things.
- Weakness will be more prominent, may find person leaning on equipment or sitting in chairs, or even on the ground.
- If this person does not get to shade
- Heat stroke will
- Occur.



Heat Stroke

- This is the big Daddy of the all!
- The body has stopped sweating and can not cool its self.
- Body Temp is about 106 °.
- The body is shutting down and could die.



- Cooling by drinking fluids is not an option.
- These people require a submersion to tepid water not cold and only submerge to the neck.
- **911** is a good number at this time.



Now lets fix the problems

- Heat cramps
This is an easy remedy.
- Take the person out of the heat and give them water and Gatorade, a banana for potassium, dill pickle juice , or heat aid tabs or sodium tablets.
- Note these are a temporary fix.
- Keep them inside out of the heat 24 to 48 hrs.

- Heat Stress
- Remove these people from the heat and pour tepid water on them.
- Warning: Beware of signs of hypothermia and shock to body if water to cold.
- Allow them to drink water only when person is able to drink.



Did You Know?
Men sweat more than women.
AND ARE MORE SUSCEPTIBLE TO HEAT-RELATED ILLNESS

In a normal year approximately **371** American men & women die from extreme heat.

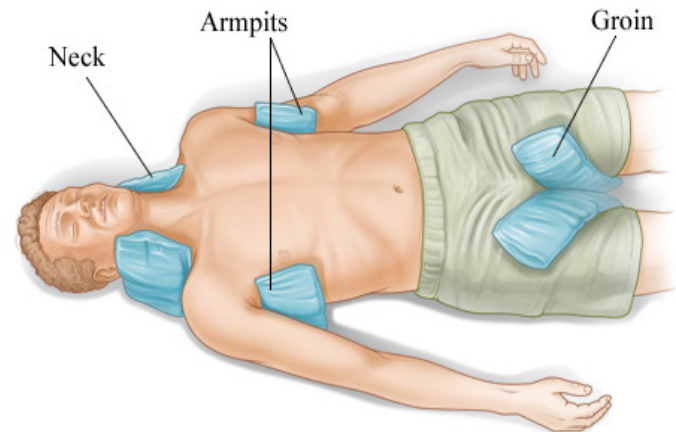
A great reminder why you should always drink plenty of **water**, wear **sun screen**, eat **lightly**, and **rest** often indoors or in shady areas this **summer**. Learn more about preventing heat-related illness at

UCR Environmental Health & Safety
www.chs.ucr.edu

A clear plastic water bottle with a blue cap, sitting on a bed of ice cubes.

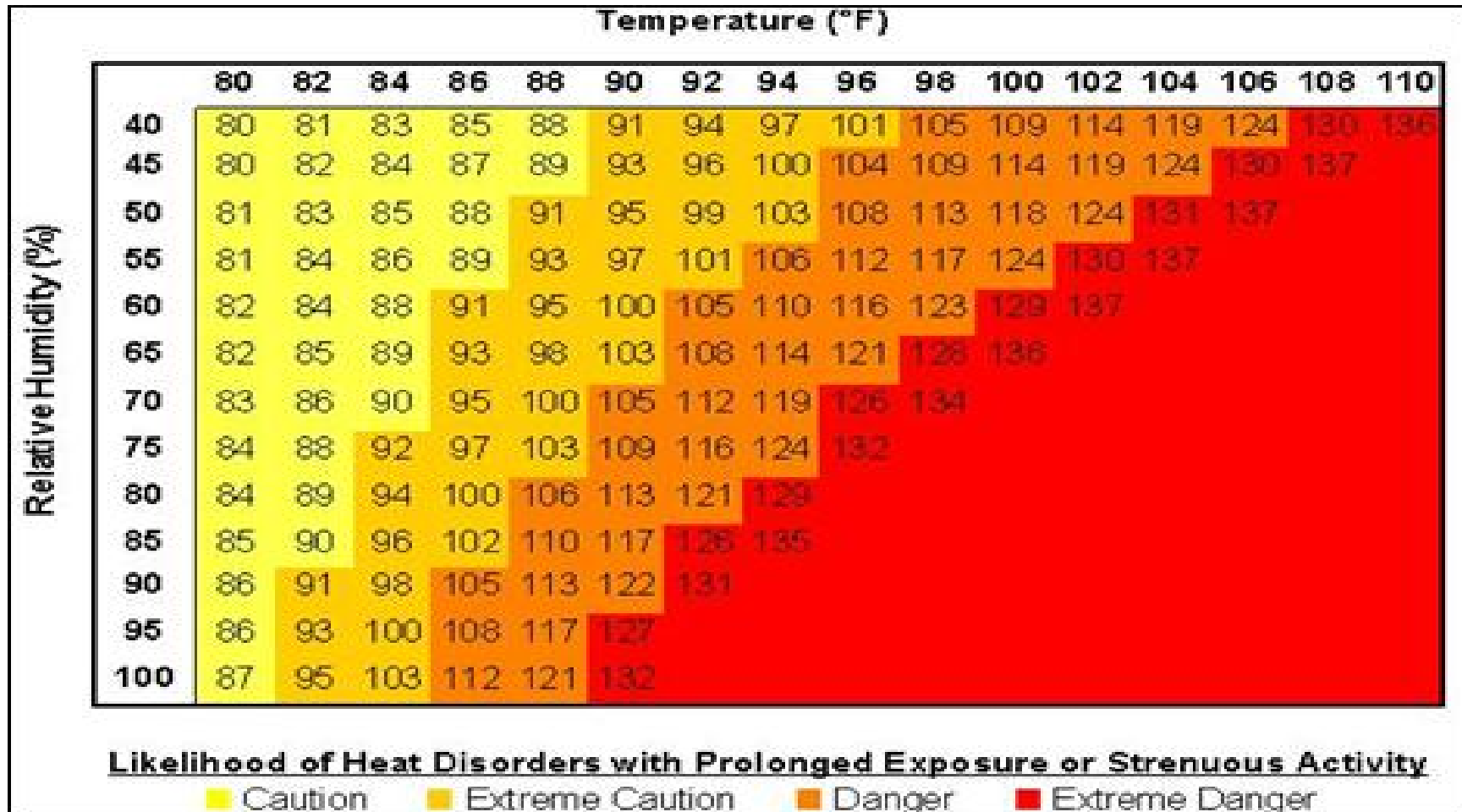
Heat stroke

- This injury is a bit harder to remedy.
- Remove person from the heat and submerge or pour tepid water on them. Nothing to drink. Cold packs or Ice to neck arm pits and groin area. Observe them for signs of hypothermia.
- Call 911 for unresponsive persons. Keep indoors for to 72 hrs. to avoid reoccurrence



Heat index chart

This chart lets you know what the temperature feels like!



Conclusion

- **Now that we know how to get heat related injuries and how to fix them we can get out with our sun tan oil, our water and Gatorade go to work or to play and just have fun in the sun.**

