

HEAT-INDUCED CONDITIONS

Managing heat-induced conditions



Signs & symptoms

- feeling hot, exhausted, weak and fatigued
- persistent headache
- thirst and nausea
- giddiness and faintness
- rapid breathing and shortness of breath
- pale, cool, clammy skin
- rapid, weak pulse
- high body temperature of 40°C or more
- flushed and dry skin
- irritability and mental confusion which may progress to seizure and unconsciousness

WARNING

Heatstroke is potentially life-threatening. The first aider must act urgently.

Management

Heat exhaustion

1. **Move the patient to lie down**
 - in a cool place with circulating air
2. **Loosen tight clothing**
 - remove unnecessary garments
3. **Sponge with cool water**
4. **Give fluids to drink if conscious**
5. **Seek medical aid**
 - if patient vomits or does not recover quickly

Heatstroke

1. **Follow DRSABCD**
2. **Apply cold packs or wrapped ice:**
 - to neck, groin and armpits
3. **Cover with wet sheet**
4. **Ensure an ambulance has been called – triple zero (000)**
5. **Give water if patient is**
 - full conscious and able to swallow
6. **Seek medical aid**
 - if person has a seizure or becomes unconscious.

In an emergency, call triple zero (000) for an ambulance

For more information on St John first aid training and kits, visit www.stjohn.org.au or freecall 1300 360 455