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| **Symptoms** | **Heat Illnesses** |
| **Heat stroke** | * Confusion
* Fainting
* Seizures
* Excessive sweating or red, hot, dry skin
* Very high body temperature
* Life threatening
 | * Call 911

While waiting for help: * Place athlete in cool area- cold pool if possible
* Loosen clothing, remove outer clothing
* Wet worker with cold water; apply ice packs, cool compresses, or ice if available- under arm pits, neck, under knees
* Provide fluids (preferably water) as soon as possible – if coherent
* Stay with athlete until help arrives
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| **Heat exhaustion** | * Cool, moist skin
* Heavy sweating
* Headache
* Nausea or vomiting
* Dizziness
* Light headedness
* Weakness
* Thirst
* Irritability
* Fast heart beat
 | * Have athlete sit or lie down in a cool, shady area, or cold pool
* Give worker plenty of water or other cool beverages to drink
* Cool worker with cold compresses/ice packs
* Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. Possible IV fluid replacement needed.
* Do not return to play that day unless regain water loss and feel remarkably better.
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| **Heat cramps** | * Muscle spasms
* Pain
* Usually in abdomen, arms, or legs(hamstrings/calves)
 | * Have worker rest in shady, cool area
* Worker should drink water and Gatorade!!!
* Pickle juice, heat guard, cramp x, salt, mustard
* Stretching and massage
* Ice pack/cold spray
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HEAT ILLNESS

BE INFORMED!!