

# 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 a potentially lethal

### Management

#### Heat exhaustion

1. Move the patient to lie down in a cool place with circulating air
2. Loosen tight clothing and 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. If the patient is fully conscious and is able to swallow, give fluids

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](http://www.stjohn.org.au) or freecall 1300 360 455**

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