

THINK

Identification and Care of Heat Related Injuries

Heat Cramps

Heat cramps are muscle pains or spasms, usually in the abdomen, arm and legs that may occur in association with strenuous activity. Heat cramps are brought on by the depletion of the body's salts and moisture.

WHAT TO DO:

- Stop all activity and sit quietly in a cool place.
- Drink clear juice or a sports drink
- Do not return to strenuous activity for a few hours after the cramps subside. Further exertion could lead to Heat Exhaustion or Stroke.
- Seek medical attention if cramps do not subside in 1 hour.

Heat Exhaustion

Heat exhaustion can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to excessive loss of water and salt.

WARNING SIGNS:

- ◆ Heavy Sweating
- ◆ Tiredness
- ◆ Headache
- ◆ Fainting
- ◆ Paleness
- ◆ Weakness
- ◆ Nausea or Vomiting

WHAT TO DO:

- Stop all activity and sit quietly in a cool place. (Preferably in an Air Conditioned area)
- Rest
- Take a cool shower, bath or a sponge bath to reduce body temperature.
- Remove excess clothing.
- Seek medical attention if symptoms worsen or last longer than 1 hour.

Heat Stroke

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Body temperature may rise to 106 F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

WARNING SIGNS:

- ◆ High body temperature (Above 103F)
- ◆ Rapid Strong Pulse
- ◆ Unconsciousness
- ◆ Red, Hot and Dry Skin (No Sweating)
- ◆ Throbbing Headache
- ◆ Nausea or Vomiting
- ◆ Dizziness
- ◆ Confusion

WHAT TO DO:

If you see any of these symptoms, you may be dealing with a life threatening emergency. Have someone call for immediate medical services and begin cooling the victim.

- Get the victim to as shady or air conditioned area.
- Cool the victim rapidly by immersion in water, shower, etc.
- Monitor the victims body temperature and continue cooling efforts until the victim's body temperature is below 102 F.
- Get medical assistance immediately.

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