

# CVHC Hike Leader Training

## January 26, 2014

A Presentation

# First Aid – Heat Related Emergencies



Heat cramps, exhaustion or stroke are caused by high temperatures or physical activity in warm environments.

# Heat Cramps



## *WHAT TO DO*

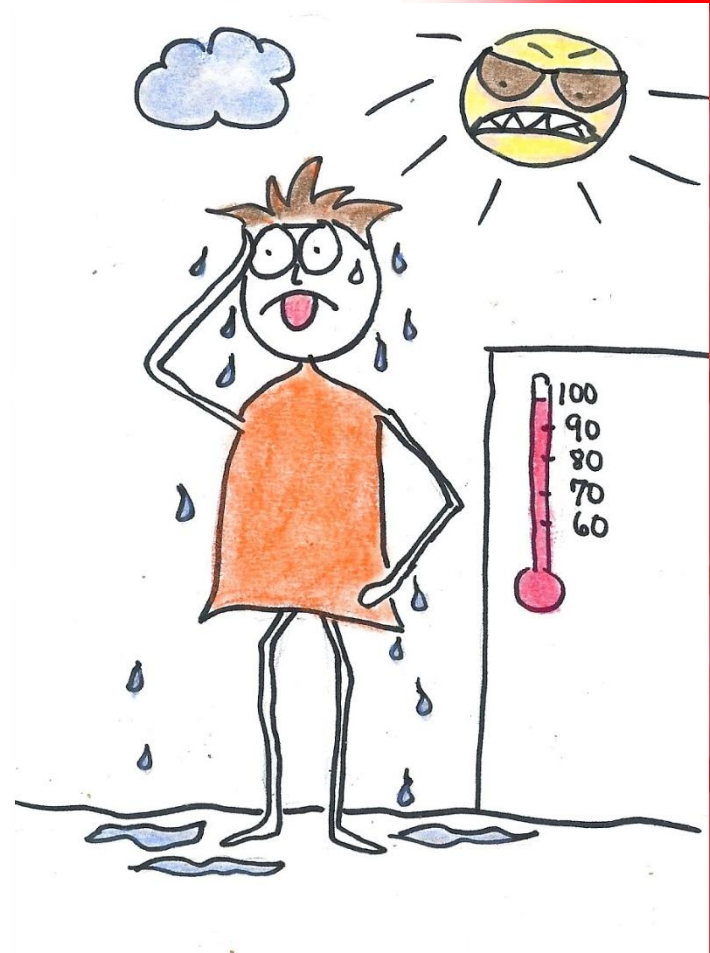
- Have the victim stop their activity & rest.
- Move to a cool location.
- Give water or saline solution to drink.
- Massage and stretch the muscle

# HEAT EXHAUSTION



# SIGNS & SYMPTOMS

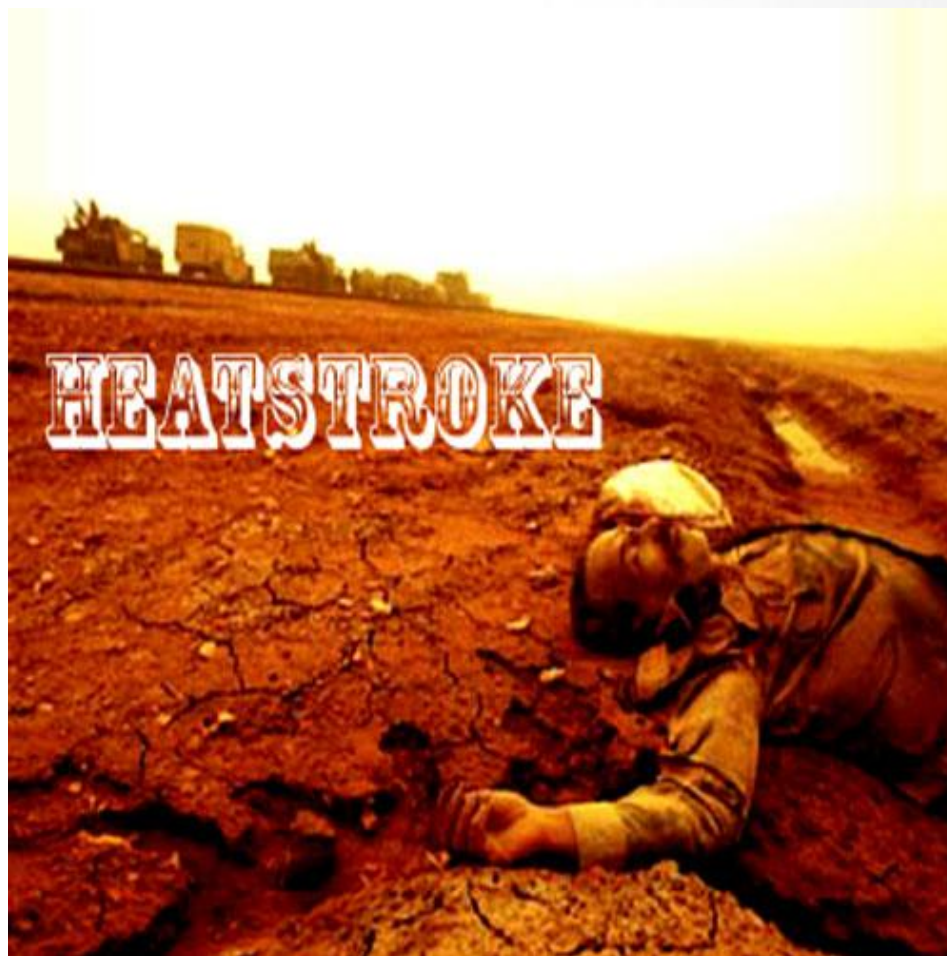
- Nausea
- Heavy sweating
- Rapid weak pulse
- Low blood pressure
- Cool, moist, pale skin
- Heat cramps
- Headache
- Fatigue



# TREATMENT

- Get the person to shade or cool location.
- Lay the person down and elevate legs.
- Loosen/remove clothing.
- Have them drink cool water or other non-alcohol beverage without caffeine.
- Cool by spraying or sponging with cool water or fanning.
- Monitor the person carefully.

# HEAT STROKE





# MOST SEVERE

- What makes it the most severe is the body's normal mechanisms for dealing with heat stress, such as sweating and temperature control are inadequate.

# SIGNS & SYMPTOMS

- Markedly elevated body temperature.
- Changes in mental status.
- Skin hot & dry unless physically exerted.
- Rapid heartbeat.
- High or low blood pressure.
- Rapid and shallow breathing.
- Irritability, confused or unconsciousness.
- Feeling dizzy or light headed.
- Nausea/fainting.

# If you suspect heat stroke

- Call 911, intravenous fluids are needed.
- Cool person by immersing in water to their chin.
- Or, cover them with damp cloth/clothes or spray with water.
- Do not try to force them to drink fluids, but they may drink if they have the desire.

# COMPARE SYMPTOMS

## HEAT EXHAUSTION

- **MOIST, CLAMMY SKIN**
- **NORMAL OR SUB-NORMAL BODY TEMPERATURE**

## HEAT STROKE

- **DRY, HOT SKIN**
- **VERY HIGH BODY TEMPERATURE.**

# Wilderness First Aid and Remote Pocket Guide

- [www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240197\\_WildernessRemoteFirstAid\\_PocketGuide.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240197_WildernessRemoteFirstAid_PocketGuide.pdf) or;
- Google Wilderness First Aid and Remote Pocket Guide



*That's all Folks!*