First aid fact sheet

Heat-induced illnesses

- If a person with heat exhaustion is not managed appropriately, they can develop heat stroke.
- Heat stroke is potentially life-threatening and immediate medical aid is needed.

Heat exhaustion

**Signs and symptoms**
- feeling hot, exhausted, weak, fatigued
- persistent headache
- thirst
- nausea
- faintness, dizziness
- rapid breathing, shortness of breath
- pale, cool, moist skin
- rapid, weak pulse

**What to do**
1. Move the patient to a cool place with circulating air.
2. Help the patient to sit or lie down in a comfortable position.
3. Remove unnecessary clothing from the patient, and loosen any tight clothing.
4. Sponge the patient with cold water.
5. Give the patient cool water to drink.
6. Seek medical aid if the patient vomits or does not recover quickly.

Heat stroke

**Signs and symptoms**
- high body temperature of 40°C or more
- flushed, dry skin
- pounding, rapid pulse that gradually weakens
- headache and irritability
- nausea, vomiting
- visual disturbances
- faintness, dizziness, confusion
- loss of consciousness
- seizures

**What to do**
1. Follow DRSABCD.
2. Call triple zero (000) for an ambulance.
3. Move the patient to a cool place with circulating air.
4. Help the patient to sit or lie down in a comfortable position.
5. Remove almost all the patient’s clothing, and loosen any tight clothing.
6. Apply a cold pack to areas of large blood vessels such as the neck, groin and armpits, to accelerate cooling.
7. If possible, cover the patient with a wet sheet and fan to increase air circulation. Stop cooling when the patient feels cold to touch.
8. If patient is fully conscious and is able to swallow, give them cool water to sip.

In a medical emergency call Triple Zero (000)

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

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