



# 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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