

Heat Illness Response Guideline

Presented in order of decreasing severity. One or more indicators in a category indicate a positive determination for that category.

Observations	Determination and Action
<p>Severe Fatigue or Nausea/Vomiting – Watch for other signs of heat stroke while starting treatment for severe heat exhaustion.</p> <p>Erratic / Irritable Behavior Confusion / Disorientation Garbled / Gibberish Speech Hysteria / Delirium / Apathy Collapse Shivering Convulsions Unconscious</p>	<p>Heat Stroke Emergency Response Begin aggressive cooling (cover in ice or place in cold/ice water bath). If ice is not available, other methods of cooling are flushing water over person from hose or shower; or keep the skin wet and fanning.</p> <p>Call emergency services and advise them that it is a heat stroke case.</p>
<p>Wobbly Walking Slow Reaction Times Severe Fatigue Severe Muscle Cramps Vomiting or Collapse without Any Signs of Heat Stroke</p> <p><i>Person may say they have</i> Severe Fatigue Loss of Appetite Nausea Headache Blurred Vision</p>	<p>Severe Heat Exhaustion Move to air-conditioned space, encourage water/electrolyte drink if able, and allow to lay down.</p> <p>Cover head and shoulders with a towel soaked in ice water.</p> <p>Watch for signs of heat stroke.</p> <p>If there is little improvement in 15 min, arrange for medical treatment and continue to watch for possible heat stroke.</p>
<p><i>Person may say they feel</i> Tired / Fatigued Thirsty Weak Dizzy Lightheaded Faintness with change in posture or prolonged standing Muscle cramps</p>	<p>Mild Heat Exhaustion Inform supervisor Recovery in cool area Drink water and/or electrolyte drink</p> <p>If symptoms persist after 15 min, treat as severe heat exhaustion</p>

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