

MINOR HEAT DISORDERS

DISORDER	CAUSES	SYMPTOMS	TREATMENT	NOTES
SUNBURN	Overexposure to sun's ultraviolet rays.	Redness and pain, swelling of skin, blisters, fever and headache if severe.	Get out of the sun, soapy shower to unblock pores, apply topical treatments to stop burn; skin lotions, topical anesthetics, aloe gel or vinegar splash. Bandage blisters.	Slows the body's ability to cool itself. Prevention: use sunscreens with a high SPF factor, stay in shade as much as possible.
HEAT RASH (PRICKLY HEAT)	Hot humid environment, sweat ducts plugged, sweat won't evaporate, skin stays wet most of the time.	Red rash, itching.	Apply ointment.	Can lower the body's ability to lose heat. Prevention: bathe regularly and keep skin clean & dry.
HEAT STRESS	High heat and humidity.	Lack of energy, loss of appetite.	None needed.	Normal reactions unless they last for prolonged period.
HEAT SYNCOPES	Quick drop in blood pressure.	Dizzy, nauseated, and fainting.	Not serious, lie down in cool area and rest.	
DEHYDRATION	Insufficient fluid intake, excessive loss of water and salt through perspiration.	Deep yellow colored urine or infrequent urination.	Drink more water, even before you feel thirsty, 1 quart per hour recommended in high heat (that's 5-7 oz. every 15-20 minutes.)	Dehydration is the cause of most heat related disorders.

NOTES: Some medical conditions and/or drugs may make you more susceptible to heat disorders.

Medical Conditions are: fevers, diarrhea, heart disease or damage, high blood pressure, circulatory problems, diabetes, obesity, anorexia nervosa, bulimia, alcoholism, chronic illness.

Medications for: blood pressure, colds, nervousness, depression, poor circulation, sleeplessness, or diuretic drugs, anti diarrhea drugs, antihistamines.

The severity of heat disorders tends to increase with age.

MAJOR HEAT DISORDERS

DISORDER	CAUSES	SYMPTOMS	TREATMENT	PREVENTION	NOTES
HEAT CRAMPS	Too much physical labor in the heat, dehydration.	Muscle cramps in legs, arms, or abdomen; heavy sweating, hot moist skin, normal pulse, normal to slightly high body temperature.	Sip weak doses (1%)* of salt water.	Drink plenty of water, rest more often.	They often do not occur until later when relaxing after work.
SEVERE HEAT STRESS	Dehydration, over exposure to heat.	Dizziness, throbbing headache, chest pain, problems breathing, sudden lack of perspiration, inability to focus.	Reduce stress on your circulatory system immediately.	Drink plenty of water, rest more often.	if symptoms persist, seek medical help.
HEAT EXHAUSTION	Dehydration, over exposure to heat. More likely to occur after a few days of a heat wave, rather than at the beginning.	Fatigue, weakness, faintness, dizziness, heavy sweating, chills, restlessness, nausea, headache, vomiting, beer-red face or skin, pale and clammy, pulse rapid and weak (120 to 200,) temperature 98.6 to 102 degrees. Low to normal blood pressure.	Move to cooler environment, lie down and elevate the legs. Cool victim as quickly as possible; sponge with cool water, loosen clothing, fan them. Give sips of saline solution (discontinue if nausea occurs.)	Shield from sun, drink water often, reduce excessive perspiration by removing excess layers of clothing.	If no improvement in 1/2 hour, consult a doctor. Rest and replace water and salt, do not participate in strenuous activity for the rest of the day. If not treated may go on to full heat stroke!
HEAT STROKE	Dehydration and overexposure to heat overwhelms the body's cooling system.	Body temperature of 103+; may begin like heat exhaustion, + lethargy, confusion, sweating stops; hot, dry, flushed skin, pupils constricted, high blood pressure. May pass out, have seizures, deep coma.	Call 911 immediately! Untreated, nearly always fatal. Cool shade as fast as possible — move to shade or air conditioning, immerse in water, massage with ice, sponge with cool water, elevate head and shoulders. Do not give fluids if unconscious!	Treat Heat Exhaustion promptly. Shield from sun, drink water often, reduce excessive perspiration by removing excess layers of clothing.	On the job, collapse from heat stroke is often mistaken for heart attack or head injury, so treatment is delayed - tragically.

* 1% Saline Solution is made by adding 1/4 teaspoon salt per quart of water