

Heat Illness Prevention: Symptoms & Treatment

The following are the normal responses to excess body heat:

- Reddened skin.
- Body surface temperature increases slightly.
- Sweating increases to provide evaporative cooling.
- Acclimatization occurs over a few weeks.

Typical symptoms and treatment guidelines for the more serious conditions of Heat Stroke, Heat Exhaustion and Heat Cramps are given here:

| | SYMPTOMS | TREATMENT |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HEAT CRAMS | <ul style="list-style-type: none"> • Muscle spasms, usually in the lower extremities, abdomen or both. • Normal body temperature. • Cool, moist skin. • Rapid pulse. • Remains alert. <p>Heavy Perspiration, Tired & Thirsty</p> | <ul style="list-style-type: none"> • Stop work and move the person to a cool, shady resting place. • Give enough cool drinking water, juice or oral rehydration solution. • Let the patient rest, and consult a medical professional to determine rest hours. |
| HEAT EXHAUSTION | <ul style="list-style-type: none"> • Extreme weakness, fatigue. • Excessive sweating. • Pale, cold clammy skin. • Dizziness, headaches. • Nausea, vomiting. • Fast, shallow breathing. • Loss of consciousness. • Muscle cramps, usually abdominal. <p>Fatigue, Weakness & Restlessness</p> | <ul style="list-style-type: none"> • Get medical attention immediately when there is a loss of consciousness. • Place person in a cool shady area and do not leave them alone. • Cool person rapidly with running water, or rapid fanning. • Provide cool drinking water if the person is alert. |
| HEAT STROKE | <ul style="list-style-type: none"> • High body temperature. • No sweating. • Hot dry skin. • Very rapid, weak pulse. • Confused/irrational behavior. • Loss of consciousness, coma. • Can be fatal. <p>Confusion, Headache, Nausea, Dizziness</p> | <ul style="list-style-type: none"> • Immediately call for emergency medical assistance: 911 from a KAUST landline, or 012 8080911 from a mobile. • Place person in a cool, shady area and do not leave them alone. • Cool person rapidly with running water, or rapid fanning. • Provide cool drinking water if the person is alert and can sip small amounts quickly. |

MOST IMPORTANTLY, do not let schedule or productivity influence awareness or caution in high heat weather. Pressure from Supervisors or Persons in Charge or self-induced pressure is the most dangerous hazard.

NEVER IGNORE ANYONE'S SYMPTOMS!