

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

**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!**