**Heat Related Illness Prevention and Management Plan –**

**Heat Related Illnesses**

**HEAT RASH**

**Description:** A skin irritation caused by excessive sweating with exposure to hot, humid weather. Sweat glands become clogged with sweat trapped beneath the skin surface unable to evaporate causing a mild inflammations or rash. Also known as prickly heat.

**Symptoms:**

* Cluster of red bumps
* Likely to appear on neck; upper chest; groin areas; under the breasts and in elbow creases
* May feel itchy, or sore, with prickly sensation

**Steps to Take:**

* Provide a cooler, less humid environment
* Keep the affected area dry
* Do not use creams or lotions on the affected areas

**HEAT CRAMPS**

**Description:** Heat cramps are muscle pains or spasms. Excessive sweating depleted the body’s salt and moisture. The low salt level in the muscles causes painful cramps.

**Symptoms:**

* Painful muscle cramps or spasms, usually felt in the abdomen, arms, or legs
* Heat cramps may also be a symptom of heat exhaustion

**Steps to Take:**

* Seek medical attention for heat cramps:
  + If cramps do not subside after one hour
  + If heart problems know
  + If person is on low sodium diet
* If medical treatment not necessary:
  + Stop all activities and rest quietly in a cool place
  + Provide beverage of clear juice or sports beverages
  + Avoid strenuous activities for a few hours after the cramps subside as may lead to heat exhaustion or heat stroke

**HEAT EXHAUSTION**

**Description:** Heat exhaustion is a milder form of heat related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Individuals most prone to heat exhaustion are elderly people with high blood pressure, and those working or exercising in a hot environment.

**Symptoms:**

Warning signs of heat exhaustion:

* Heavy sweating
* Paleness
* Muscle cramps
* Tiredness
* Weakness
* Dizziness
* Headache
* Nausea or vomiting
* Fainting
* Skin may be cool and moist
* Pulse rate fast and weak
* Breathing fast and shallow

**Steps to Take:**

Steps to cool the body during heat exhaustion:

* Drink cool, non-alcoholic beverages
* Rest
* Cool shower, bath, or sponge bath
* Provide air conditioned or air cooled environment
* Wear lightweight clothing

If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention if symptoms worsen or last longer than one hour.

**HEAT STROKE**

**Description:** Heat stroke is the most serious heat related illness. It occurs when the body becomes unable to control its temperature. The body temperature rises rapidly, sweating mechanisms fail, body is unable to cool down, and body temperature may rise to 41.1 degrees Celsius or higher within 10 to 15 minutes.

**Symptoms:**

Warning signs of heat stroke vary but may include:

* Body temperature above 39.4 degrees Celsius
* Red, hot, and dry skin (no sweating)
* Rapid, strong pulse
* Throbbing headache
* Dizziness
* Nausea
* Confusion
* Unconsciousness

**Steps to Take:**

Heat stroke can cause death or permanent disability if emergency treatment is not provided in a timely manner

* Have someone call for immediate medical assistance while you begin to cool the person rapidly
* Do not give the person alcohol to drink
* Get medical assistance as soon as possible