

HEAT CONDITIONS

Condition	Cause	Signs/Symptoms	First Aid
Heat Cramps	<ul style="list-style-type: none"> Loss of salt Heavy sweating 	<ul style="list-style-type: none"> Painful muscle spasms Sudden onset Heavy sweating 	<ul style="list-style-type: none"> Increase water intake Massage cramped muscles Rest in shade/cool environment
Heat Syncope	<ul style="list-style-type: none"> Loss of water or salt Low blood pressure causing less blood to the brain 	<ul style="list-style-type: none"> Brief fainting Blurred vision 	<ul style="list-style-type: none"> Increase water intake Rest in shade/cool environment
Dehydration	<ul style="list-style-type: none"> Loss of body fluids 	<ul style="list-style-type: none"> Fatigue Reduced movement 	<ul style="list-style-type: none"> Increase water intake Rest in shade/cool environment
Heat Exhaustion	<ul style="list-style-type: none"> Dehydration 	<ul style="list-style-type: none"> Pale and clammy skin Possible fainting Weakness, fatigue Nausea Dizziness Heavy sweating Blurred vision Body temp slightly elevated 	<ul style="list-style-type: none"> Lie down in cool environment Increase water intake Loosen clothing Call 911 from campus phone or 404- 727-6111 from cellphone if symptoms continue once in a cool environment
Heat Stroke	<ul style="list-style-type: none"> Excessive exposure to hot environments Body's system of temp regulation fails Body temp rises to critical 	<ul style="list-style-type: none"> Cessation of sweating Skin hot and dry Red face High body temperature Unconsciousness Collapse Convulsions Confusion or erratic behavior Life threatening conditioning 	<ul style="list-style-type: none"> Medical Emergency! Call 911 from campus phone or 404-727-6111 from cell phone Loosen clothing Move victim to shade, immerse in water