

TEMPERATURE RELATED EMERGENCIES



WHAT IS IT -

A HEALTH CRISIS
CAUSED BY
EXPOSURE TO
HOT OR COLD
WEATHER/SOURCES



HEAT CRAMPS

Symptoms –

muscle spasms

legs / abdomen

light headedness

weakness

HEAT RELATED EMERGENCIES

TREATMENT

Move to cooler area
Out of direct sunlight

Gently massage cramping
muscle

Gently stretch muscle

Drink cool water or sports drink

Avoid caffeinated beverages



HEAT EXHAUSTION

An illustration depicting heat exhaustion. A large, bright yellow sun is in the upper center. Below it, three stick figures are shown in various states of distress. One figure on the left is slumped over, sweating, with a red tongue sticking out. Another figure in the middle is also slumped over, sweating. A third figure on the right is standing but looking unwell, with sweat drops on their face. The background is a bright yellow sky with stylized white clouds. The overall scene is set in a hot, sunny environment.

TREATMENT

Move to cooler area
of direct sunlight

Drink cool water or sports
drink

Cold compresses/ice packs
(neck/armpits/groin area)

Monitor Airway/Breathing

SYMPTOMS

Cool moist skin
Heavy sweating
**Nausea or
vomiting**
Dizziness
Light headedness
Weakness
Thirst
Irritability
Fast heartbeat



SYMPTOMS

**CONFUSION
FAINTING
SEIZURES
LITTLE OR NO
SWEATING
RED / HOT / DRY
SKIN
VERY HIGH BODY
TEMPERATURE**

HYPERTHERMIA TREATMENT

CALL 911

**REMOVE FROM HEAT SOURCE
LOOSEN CLOTHING**

**REMOVE OUTER CLOTHING
WET WITH COOL WATER**

APPLY ICE PACKS

**Treat for shock/Rehydrate
gradually/Small amounts of fluid
only/Monitor Airway and Breathing**

HEAT STROKE

WITS
COLD

C O L D R E L A T E D
E M E R G E N C I E S

FACTORS TO CONSIDER

EXPOSURE LENGTH

CLOTHING

(WET OR DRY)

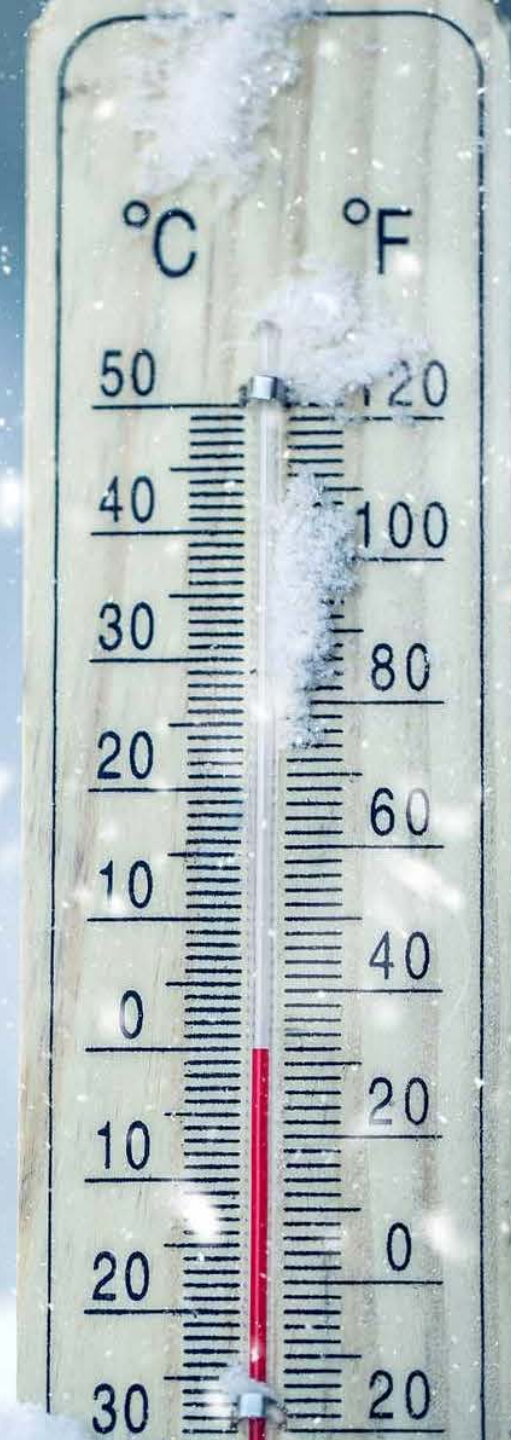
AGE

FITNESS LEVEL

ILLNESS

TRAUMATIC INJURY

ALCOHOL CONSUMPTION



Early Hypothermia

SYMPTOMS –

VIOLENT SHIVERING

NUMBNESS

FATIGUE

FORGETFULNESS

CONFUSION

COLD SKIN

LOSS OF MOTOR

CONTROL

RAPID BREATHING

RAPID PULSE



A campfire with bright orange and yellow flames rising from a pile of logs. The background is a blurred forest with green trees and a stream.

TREATMENT

MOVE TO WARM ENVIRONMENT

REMOVE WET CLOTHING/REPLACE WITH DRY

RE-WARM SLOWLY

AIRWAY/BREATHING

WARM LIQUIDS IF CAN SWALLOW

NO CAFFEINATED OR ALCOHOLIC DRINKS

MOVEMENT/INCREASE CIRCULATION

WARM COMPRESS/ARMPITS/GROIN AREA/AVOID DIRECT SKIN CONTACT TO AVOID BURNS

LATE STAGE HYPOTHERMIA

LACK OF SHIVERING
RIGID MUSCLES/JOINTS
SLOW SHALLOW
BREATHING
DILATED PUPILS
IRREGULAR/WEAK/SLOW
PULSE
SLURRED SPEECH
DECREASED
CONSCIOUSNESS
UNWILLING/UNABLE TO
MOVE
BLUE GREY SKIN

ACTIVATE EMS
BE GENTLE

MOVE TO WARM
ENVIRONMENT

REPLACE WET CLOTHING/
WITH DRY

RE-WARM SLOWLY

M AIRWAY/BREATHING

GIVE WARM LIQUIDS IF
ABLE TO SWALLOW
NO CAFFEINATED OR
ALCOHOLIC BEVERAGES

WARM
COMPRESS/ARMPITS/GROIN

CHECK VICTIM FOR
FROSTBITE