Heat-Related Illness Prevention



As temperatures begin to rise with the approaching spring and summer months, so does the risk of heat-related illnesses (HRI) for EMS providers. Common types of heat illnesses include heat exhaustion, heat cramps, heat stroke and muscle breakdown.

Symptoms

- Headache & confusion <
 - Profuse sweating <
- Weakness & dizziness <
 - Rapid pulse <
 - Muscle cramps «
 - Nausea & vomiting

Risks & Stressors

- Fatigue
- Dehydration & caffeine
- Prior heat stress event
- Medications & health conditions
- Personal Protective Equipment
- Lack of Acclimation



Steps to Prevent Heat-Related Illness





Regularly monitor for signs and symptoms of HRI before and during shift Check the weather prior to your shift and mitigate heat stress early





Drink water and electrolyte solutions before and during your shift Have sufficient chilled water, electrolyte drinks and ice packs on hand





Take breaks as needed to rest, cool-off and rehydrate Look for warning signs of HRI in your teammates





WHAT IS HEAT STRESS?

- Body overheats: high terfnperatures; such as heavity, or physical activity
- Include heat-related illnesses



TYPES OF HEAT-RELATED ILLNESSES



Heat Rash Itchy, red skin



Heat Cramps
Muscle pains
or spasms



Heat Exhastion
Dizziness,
heavy sweating



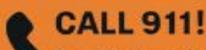
Heat Stroke
Life-threatening:
Loss of conscious
confusion

SYMPTOMS

- ✓ Dizziness
- Heavy sweating
- Weakness
- Nausea
- ✓ Headache



EMERGENCY RESPONSE



Cool worker down

Seek medical help

STAY HYDRATED

- Drink water every 15 min
- Take breaks in cool areas
- Wear lightweight clothing

EMERGENCY RESPONSE





CALL 911!

Cool the worker down