

# DISORDERS OF HEAT STRESS

<u>PHYSICAL DISORDER</u>	<u>SYMPTOMS</u>	<u>CAUSES</u>	<u>TREATMENTS</u>
Transient Heat Fatigue	Decreased productivity, alertness, coordination, vigilance	Not acclimated to hot environment	Gradual adjustment to hot environment
Heat Rash (“Prickly Heat”)	Rash in areas of heavy perspiration, discomfort or temporary disability	Perspiration not easily removed from skin surface; sweat glands plugged, sweat glands inflamed.	Periodic resting in a cool area’ regular bathing, drying skin.
Fainting	Blackout, possible collapse.	Shortage of blood to brain reducing oxygen.	Lying down, moving around.
Heat Cramps	Painful spasms of heavily used skeletal muscles.	Loss of salt; large quantities of water consumed; excess water seeps into active muscles and causes pain	Adequate salt with meals; salted liquids (“sports drinks”) unless advised differently by physician.
Heat Exhaustion	Extreme weakness or fatigue; giddiness; nausea; headache; pale or flushed complexion; body temperature normal or slightly higher; moist skin; vomiting and/or loss of consciousness (extreme cases)	Loss of water and/or salt; loss of blood plasma; strain on the circulatory system	Rest in cool area; salted liquids (“sports drinks”) unless advised differently by physician. Do not resume normal activities until 24 hours after normal physical condition returns.
Heat Stroke	Skin is hot, dry and often red or spotted; body temperature 105° F or hotter and rising; mental confusion; deliriousness; convulsions; possible unconsciousness. Death or permanent brain damage may result unless treated immediately.	Thermoregulatory system breaks down under stress and sweating stops. The body’s ability to remove excess heat is almost eliminated.	Remove to cool area; soak clothing with cold water; fan body vigorously; call ambulance immediately. (Do not administer drinks unless victim is fully conscious and thirsty)