

# First Aid for Heat-Induced Illness

## RECOGNISING HEAT-INDUCED ILLNESSES

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### HEAT STROKE (LIFE-THREATENING EMERGENCY)

#### Symptoms:

- Confusion, dizziness, or headache
- Hot skin or excessive sweating
- High body temperature
- Rapid breathing or fainting
- Slurred speech, seizures

#### Treatment:

- Call Triple Zero (000) immediately
- Move the person to a cool area
- Cool the body with water for 15 mins
- Remove excess clothing
- Apply cold packs and fan the person



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### HEAT EXHAUSTION (SERIOUS BUT LESS SEVERE)

#### Symptoms:

- Heavy sweating or muscle cramps
- Pale, clammy skin
- Fast, weak pulse
- Headache, weakness, or nausea

#### Treatment:

- Move to a cool, shaded area
- Rest and drink cool water or electrolytes
- Cool the body with water and airflow



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### HEAT CRAMPS

#### Symptoms:

- Muscle cramps or spasms
- Pale, clammy skin
- Nausea

#### Treatment:

- Stop activity & move to a cool area
- Gently stretch affected muscles
- Apply ice packs and hydrate slowly
- Seek medical help if symptoms persist or worsen



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### DEHYDRATION

#### Symptoms:

- Fatigue, dizziness, or headache
- Thirst or dry mouth
- Dark urine or rapid heart rate

#### Treatment:

- Rest in a cool, shaded area
- Sip water or electrolytes slowly
- Seek medical help if symptoms continue



**Important:** If symptoms worsen, do not improve after **cooling treatment**, or if consciousness is impaired — **always call Triple Zero (000).**