

# ENGG 1030 1ST AID ASSIGNMENT

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Hazards arising from a high heat index include:

1. **Heat Stroke:** A life-threatening condition that occurs when the body's temperature rises to (40°C) or higher.
2. **Heat Exhaustion:** A condition that occurs when the body's temperature rises to (35°C) to (39°C).
3. **Heat Cramps:** Muscle cramps that occur due to dehydration and electrolyte imbalances.
4. **Heat Rash:** A skin condition that appears as a red, itchy rash, often accompanied by nausea and vomiting.
5. **Dehydration:** A condition where the body loses more fluids than it takes in, leading to dry mouth, thirst, fatigue, and dizziness.

Precautionary measures to avoid sickness include:

1. **Stay Hydrated:** Drink plenty of water before, during, and after physical activity.
2. **Wear Light-Colored Clothing:** Dark colors absorb more heat.
3. **Seek Shade:** Find shaded areas to rest and cool down.
4. **Limit Physical Activity:** Avoid strenuous activities during the hottest parts of the day.
5. **Eat Regular, Light Meals:** Avoid heavy meals that can slow your body's cooling process.

For Filipinos, especially those in Ilonggo, these precautions are crucial due to the region's tropical climate, which is prone to high heat indices. Regularly monitoring one's body for signs of heat-related illnesses and taking proactive measures can significantly reduce the risk of heat-related sicknesses.