

Heat induced conditions

FIRST AID FACT SHEET

First aid for heat-induced conditions

Heat-induced conditions occur when the body's core temperature is elevated. This is known as Hyperthermia.

What to do

Follow DRSABCD St John Action Plan (<https://stjohnwa.com.au/online-resources/first-aid-information-and-resources/drsabcd-action-plan>).

Cooling management

- Lie the person in a cool environment or in the shade
- Loosen and remove excessive clothing.
- Send for an ambulance if not improving quickly

While waiting for professional assistance for individuals over 5 years of age:

- Immerse (i.e. whole-body from the neck down) in cold water (a bath if possible, as cold as possible) for 15 minutes.

If this is not available, a combination of the following methods should be used:

- Wet the person with cold or cool water, under a shower if safe, or with a hose or other water source
- Apply ice packs (groin, armpits, facial cheeks, palms and soles)
- Repeatedly moisten the skin with a moist cloth or water spray
- Fan continuously

While waiting for professional assistance for children 5 years of age and under:

- Cool in a tepid (lukewarm) bath sponging frequently if bath available, or:
- Repeatedly moisten the skin with a moist cloth or atomizer spray
- Fan continuously

Hydration Management

- Give cool or cold water to drink if fully conscious and able to swallow.

Caused by

- Excessive heat absorption from a hot environment
- Excessive heat production from metabolic activity
- Failure of the body's cooling mechanisms
- An alteration in the body's set temperature

Signs and symptoms

- Inability to continue the activity
- High body temperature
- Dizziness and faintness
- Nausea, vomiting or diarrhoea
- Pale skin and other signs of shock
- Dry skin
- Poor muscle control or weakness
- Decreasing levels of consciousness, confusion or seizures.