

**Weather Related  
Stress**

Hot and Cold

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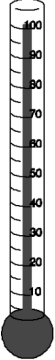
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**HEAT  
EXHAUSTION**

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**HEAT EXHAUSTION**

Is caused by exertion accompanied by heat and high humidity. It particularly affects the very young and the elderly.



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**HEAT EXHAUSTION**



**SIGNS AND SYMPTOMS**

- pale, clammy skin
- profuse and prolonged sweating
- cramps in the limbs and/or abdomen
- nausea and/or vomiting
- headache
- lethargy

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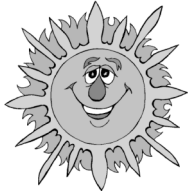
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**HEAT EXHAUSTION**



**CARE AND TREATMENT**

- complete rest in the shade, no further exertion
- cool casualty by sponging with tepid water
- when nausea passes, give cool water to drink
- ensure casualty has assistance when recovered

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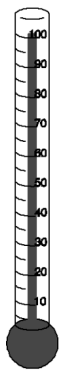
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**HEAT  
STROKE**

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**HEAT STROKE**

**Is potentially fatal. In this condition, the body's temperature regulation center in the brain has been rendered inoperable, and the temperature continually rises, causing eventual brain damage. Immediate active intervention is necessary to avoid coma and death.**

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**HEAT STROKE**



**SIGNS AND SYMPTOMS**

- flushed, hot, dry skin - casualty has ceased sweating
- rapid, strong pulse (sometimes irregular)
- irrational or aggressive behavior
- visual disturbances - vomiting
- collapse and seizures - coma / death

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**HEAT STROKE**



**CARE AND TREATMENT**

- urgent ambulance transport - complete rest in shade
- remove casualty's clothing
- cool casualty with any means possible
- be prepared to resuscitate as required
- nothing by mouth - dehydration is required by intravenous fluids administered by a doctor or ambulance crew

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**HYPOTHERMIA**



**Is a potentially fatal condition that especially affects the elderly. The body's core temperature has been lowered to the extent that the brain functions is impaired and the heart's activity is about to be compromised. Urgent first aid intervention is required.**

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**HYPOTHERMIA**



**SIGNS AND SYMPTOMS**

- pale, clammy skin
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- headache
- lethargy

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**HYPOTHERMIA**



**CARE AND TREATMENT**

- urgent ambulance transport
- warm casualty slowly, wrap in 'space blanket' or similar
- if wet, leave less bulky clothing on and warm slowly
- once casualty commences shivering, reassess heating
- nothing by mouth until fully recovered
- be prepared for sudden collapse and resuscitation

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