

# Weather Related Stress

## 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**

### 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**

# Weather Related Stress

## Heat Stroke



### Signs and Symptoms

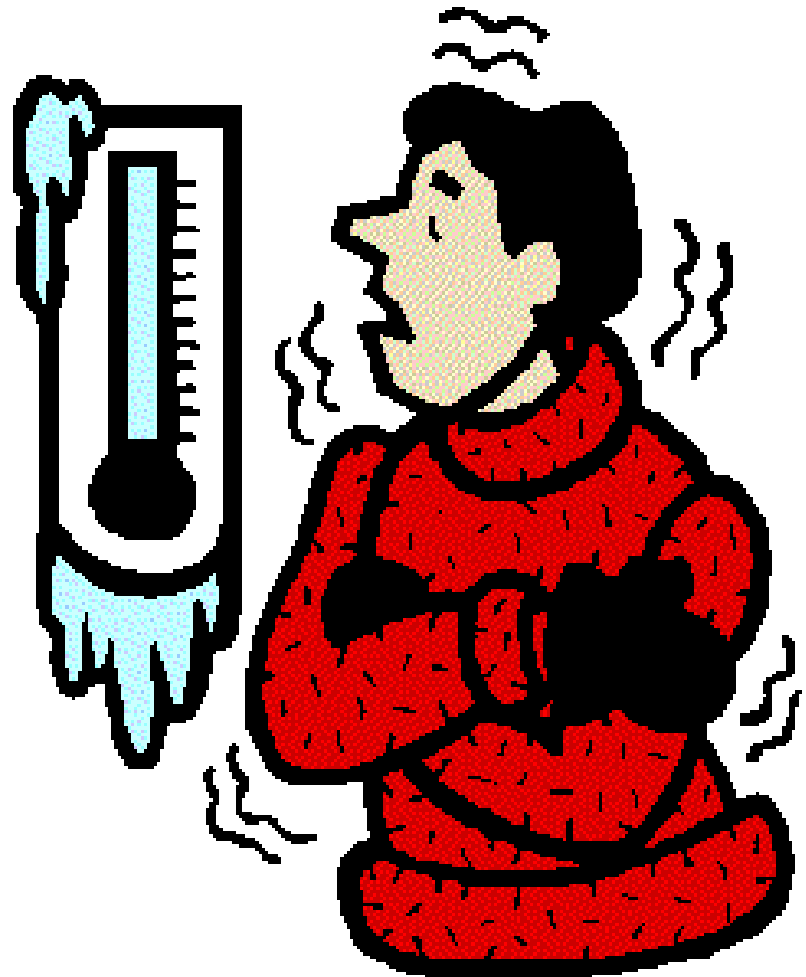
**flushed, hot, dry skin - not sweating**  
**rapid, strong pulse (sometimes irregular)**  
**irrational or aggressive behavior**  
**visual disturbance - vomiting**  
**collapse and seizures - coma / death**

### Care and Treatment

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

# Weather Related Stress

## Hypothermia



### Signs and Symptoms

**shivering**  
**irritability, confusion**  
**slowed and slurred speech**  
**dizzy, drowsy with desire to lie down**  
**altered vision and stumbling**  
**heartbeat and breathing is faint**  
**unconsciousness followed by DEATH**

### Care and Treatment

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