

Heat Injuries

Injuries	Signs and Symptoms	First Aid
Heat Cramps	The casualty experiences muscle cramps of the arms, legs and/or stomach. The casualty may also have excessive sweating	<ol style="list-style-type: none"> 1- Move the casualty to a cool shady area or improvise shade and loosen clothing. 2- Have him slowly drink at least one quart of cool water slowly. 3- Monitor the casualty and give him more water as tolerated.
Heat Exhaustion	The casualty experiences heavy sweating with pale, moist, cool skin; headache, weakness, dizziness, and/or loss of appetite, heat cramps, nausea (with or without vomiting), urge to defecate, chills (goose bumps), rapid breathing, confusion, and tingling of the hands and/or feet.	<ol style="list-style-type: none"> 1- Move the casualty to a cool, shady area or improvised shade and loosen clothing or remove his clothing. 2- Pour water on him and fan him to permit the coolant effect of evaporation. 3- Have him slowly drink at least one quart of cool water. 4- Elevate the casualty's legs 5- Seek medical assistance if symptoms continue; monitor until symptoms are gone or medical assistance arrives.
Heatstroke (sunstroke) CAN BE FATAL IF NOT PROVIDED FIRST AID AND MEDICAL TREATMENT PROMPTLY.	The casualty stops sweating (red [flushed] hot, dry skin). He first may experience headache, dizziness, nausea, fast pulse and respiration, seizures, and mental confusion. He may collapse and suddenly become unconscious. THIS IS A MEDICAL EMERGENCY.	<ol style="list-style-type: none"> 1- Move casualty to a cool, shady area or improvised shade and loosen or remove clothing. 2- Start cooling the casualty immediately. Spray or pour water on him. Fan him. Massage his extremities and skin. 3- Elevate his legs. 4- If conscious, have him slowly drink at least one quart of cool water. 5- Seek medical aid. Continue cooling while awaiting transport and continue first aid en route.

Treatment for cold heat injuries should be accomplished by trained medical personnel. Information above was adapted from U.S. Army FM 4-25.11, First Aid.