

Heat Illness

HEAT GAIN

Radiation:

Objects warmer than the skin

Conduction:

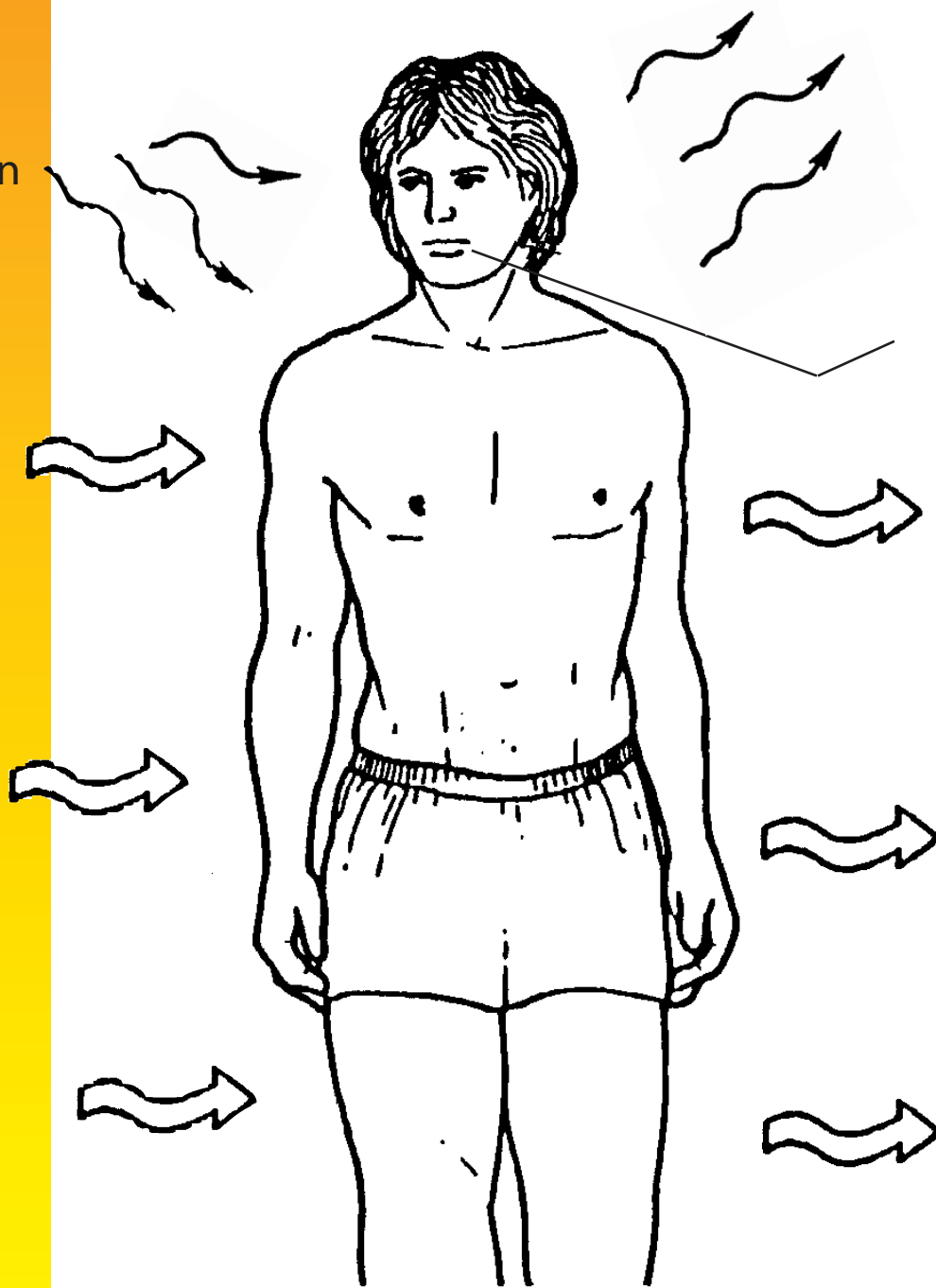
Objects in contact warmer than the body

Convection:

Air temperature higher than the skin

Metabolism:

Muscular exertion



HEAT LOSS

Radiation:

Body temperature higher than your surroundings

Vaporization:

Water in expired air

Conduction:

Object you are in contact with cooler than the body

Convection:

Air temperature cooler

Evaporation:

Sweating

HEAT STROKE

Symptoms:

- hot red dry skin
- strong rapid pulse
- high body temperature
- little or no sweating
- may have headache, weakness and/or sudden loss of consciousness

Treatment:

- **Medical Emergency Call 911**
- must cool body immediately
- move to a cool place
- remove all equipment and clothing down to shorts
- ice bags in arm and groin, cold ice towels to face, chest and legs,
- use fan to circulate air
- if conscious give fluid to drink
- treat for shock and raise feet 3-4" off the ground

HEAT EXHAUSTION

Symptoms:

- sweating,
- cool clammy skin
- weak rapid pulse
- fast shallow respiration
- may have weakness, nausea, light headed and excessive sweating

Treatment:

- move to a cool place
- remove equipment and clothing down to shorts
- cool down quick as possible with ice bags in armpits and groin
- cold towels over chest and legs
- wipe face with cold towel
- give sips of electrolyte or water to drink
- treat for shock and raise feet 3-4" off the ground

PREVENTION AND FACTS:

Become acclimatized both to the heat and intensity of the exercising before preseason workouts begin

Have drink (water or sport drink) available at all times during practices and games

Drink cold fluids as they empty faster from the stomach

Wear light colored clothing as this reflects heat and dark clothes attract heat

Drink 8 to 16oz of fluid (preferably water) 30 minutes before practice or games

Weigh in before/after practice, drinking 8oz of water or sport drink for every 1lb lost.

Quenching your thirst is only half the fluid your body needs

Yellow urine is a sign of dehydration, urine should be clear, see chart below

Hydration Scale

Dehydrated (dark yellow)

(clear) Rehydrated