

Prevention

Heat Index

T	HUMIDITY													
	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	
100	107	110	115	120	126	132	138	144						
95	98	101	104	107	110	114	119	124	130	136				
90	91	93	95	96	98	100	102	106	109	113	117	122		
85	85	86	87	88	89	90	91	93	95	97	99	102	105	
80	79	79	80	81	81	82	83	85	86	86	87	88	89	

80-90= caution 90-105= extreme caution- 105-130=danger- Over 130-cancel

Consider limited duration, intensity, or armor. Consider rescheduling activities

Fighters: Improve physical conditioning. Practice in heat (sensibly) 2 weeks before hot weather event. Wear light color, loose fitting clothing as much as possible. Water better than most “sport drinks.” Drink 16 oz fluid 2 hours prior. Drink 8 oz. fluid every 15 min.

Water best, also DILUTE sport drink. Add carbs and a little salt after 1 hour of action.

-- courtesy of Northshield Chirurgeons and Griffin’s Company

<u>HEAT INJURY</u>	<u>SYMPTOMS</u>	<u>TREATMENT</u>
<i>Heat cramps</i>	Muscle cramps (typically legs, abdomen) May be further heat injury if not treated	Rest for a few hours, rehydration. Seek help if lasts > 1 hour
<i>Heat exhaustion</i>	Weakness, dizziness, sweating, nausea, vomiting, headache, muscle cramps, fainting. “Ashen” appearance, clammy, heart rate >100, breathing fast, body temp 99-101	Rest in shade, lay down, loosen clothes (esp. headgear), legs elevated if faint, slow rehydration (frequent sips). If other medical problems, can’t drink, gets worse or lasts >1 hour, go to ER. NO further strenuous activity that day.
Heat stroke— EMERGENCY	Confusion, incoordination, body temp >103, weakness, heart rate >100, may have dry skin or be sweaty, headache, nausea. Possible seizure, coma.	Lay down, remove clothes, cool with water, wet packs to neck, groin, armpits. CALL AMBULANCE, TO ER