



**HEAT-RELATED
ILLNESS
ACTION
CHART**

HEAT-RELATED ILLNESS ACTION CHART

Symptoms (What the person feels)	Signs (What you see or measure)	Action (What you need to do)
Exercise-Associated Collapse Dizziness Unsteadiness Difficulty walking Collapse (fainting)	Normal core temperature Normal pulse Skin sweaty Recovers in <5 mins	Lie person on back Raise legs above head height Check core temperature Check pulse and blood pressure Not to return to exercise until fully recovered and rehydrated
Muscle Cramps Cramping pain in muscles or abdomen	Person otherwise well	Stop all activity Rest in a cool, quiet place Drink cool clear juice or a sports drink Do not return to strenuous activity for at least one hour because it may worsen the cramps or progress to heat exhaustion Seek medical attention if cramps do not subside within 1 hour
Heat Exhaustion Fatigue Nausea Headache Muscle / Abdominal cramps Vomiting Weakness Dizziness Feeling faint Heavy sweating	Skin pale, cool and sweaty Rapid, weak pulse Rapid, shallow breathing Fainting (syncope) Core temperature usually <40°C Normal brain function	Move to shady quiet and cool area Give cold drinks Start cooling procedures <ul style="list-style-type: none"> • Wetting of skin • Fanning Monitor closely until return to normal
Heat Stroke Dizziness Nausea Throbbing headache Confusion Unconsciousness	Skin red, hot and dry Rapid strong pulse Rapid breathing Low blood pressure Extremely high core temperature usually >40°C Confusion Unsteadiness Aggression or irrational behaviour Unconsciousness Seizures Coma	THIS IS AN EMERGENCY Call the Emergency Services Patient can deteriorate rapidly ABC (airway, breathing, circulation) If unconscious, lie in recovery position Remove clothing Aggressively cool the person with ice, water and fanning Do not give anything to drink Continue cooling while transferring to hospital Cool First, Transport Second