

Hyperthermia: (body core temperature greater than 38 deg).

The normal body core temperature is 37 degrees Celsius. In hot, humid conditions eg. working outdoors, sport, fun runs, water sports activities; people are at risk of heat illness. Children, babies and the elderly are more at risk of suffering from Hyperthermia. If they suffer from hyperthermia, a Doctor MUST see them.

Signs and symptoms may include:

- Migraine
- Confusion
- Dizziness
- Feeling faint
- Visual problems
- Hot dry skin
- Irritability
- Irrational behaviour
- Rapid strong pulse
- Possible seizures
- Unconsciousness
- Body's systems shut down.

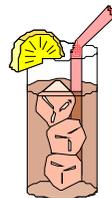
- ✗ Do not drink alcohol. This causes frequent urination, therefore further body fluid loss is suffered.
- ✗ Do not smoke.
- ✗ Do not leave infants, children or the elderly in closed cars during hot weather.
- ✓ Stop all activities when suffering from heat cramps or heat exhaustion.
- ✗ Do not participate in fun runs or strenuous sport or activities on hot sunny days.

Treatment:

Follow the Basic First Aid Plan to assess the casualty.

Dehydration:

- ✓ Move the casualty immediately into a cool shaded area.
- ✓ Lay the casualty down.
- ✓ Remove the outer clothing.
- ✓ Frequent small sips of water.



Heat Cramps:

- ✓ As above
- ✓ Apply ice packs to the cramped muscles.
- ✓ Gently stretch the muscles, but do not massage.
- ✓ Rest

Heat Exhaustion and Heat Stroke:

- ✓ As above
- ✓ Reduce the body temperature.
- ✓ Sponge the casualty with water.
- ✓ Cover with wet dressings.
- ✓ Fan the casualty.
- ✓ Apply cold packs in severe cases to the groin, arm pits and neck.
- ✓ Continue cooling until skin temperature feels normal or casualty begins to shiver.
- ✓ Seek urgent medical advice and aid.

If an Ambulance is required - call immediately - do not delay

Hypothermia: (body core temperature less than 37 deg).

Hypothermia occurs when the body loses heat quicker than it can produce it. The core temperature of the body decreases. This causes muscular and internal body organ functions to become impaired and if left untreated, to cease functioning, causing death. It is frighteningly easy for a casualty to become hypothermic. The casualty's condition can progress quickly, from cold to dangerously cold due to a combination of wind, wet clothing, fatigue and hunger, even if the temperature is above freezing. The temperature and the wind can reduce the body temperature quickly.

Signs and Symptoms

Treatment

	Signs and Symptoms	Treatment
Mild	<ul style="list-style-type: none"> ● Involuntary Shivering ● Decline in complex motor skills. ● Extremities look blue. ● Feels cold ● Fatigue 	<ul style="list-style-type: none"> ✓ Add additional clothing. ✓ Change wet clothes. ✓ Gently exercise ✓ Find shelter ✓ Hydration and nutrition
Moderate	<ul style="list-style-type: none"> ● Confusion ● Decline in fine motor skills. ● Slurred speech ● Blurred vision ● Uncontrollable shivering ● Irrational behaviour ● Defeated attitude 	<ul style="list-style-type: none"> ✓ Change wet clothes ✓ Gently exercise ✓ Find shelter ✓ Hydration and nutrition ✓ Body to body contact ✓ Protect nose, neck and head.
Severe	<ul style="list-style-type: none"> ● Violent shivering - occurring in waves. ● Can not walk ● Rigid Muscles ● Pale skin ● Cold to touch ● Unconsciousness 	<ul style="list-style-type: none"> ✓ Treat as mild / moderate ✓ Seek medical aid ✓ Do not jar body ✓ Monitor vital signs ✓ Unconscious – place the casualty into the lateral position.
Critical	<ul style="list-style-type: none"> ● Dilated pupils ● Shivering ceased ● Slow, shallow and erratic breathing. ● Decreased pulse rate. ● Unconsciousness ● Death can occur. 	<ul style="list-style-type: none"> ✓ Absent respirations – perform CPR ✓ Continue to rewarm the body.

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Freezing cold injury / Frostbite:

Frostbite results from the freezing of tissues causing ice crystal formation and blocking of small blood vessels. The areas most commonly affected are those exposed to cold or windy conditions are face, ears, fingers and toes

Treatment of superficial frostbite

Superficial frostbite in which only the skin is frozen and can still be moved in relation to the underlying tissue

- ✓ Seek shelter. Get out of the cold and wind
- ✗ DO NOT rub the frozen tissue
- ✗ DO NOT use radiant heat to rewarm the part
- ✓ Rewarm the affected part immediately R
- ✓ Rewarming can be very painful.
- ✓ Ensure that re-freezing does not occur.

Treatment of Deep frostbite

Deep frostbite involves deeper tissues.

- ✓ Seek Shelter . get out of the wind and cold
- ✓ Remove constrictive or damp clothing if dry replacement clothing is available
- ✓ Wrap in warm blankets and give warm fluids by mouth
- ✓ If tissue is still frozen place the injured part in a warm water bath with circulating water until the affected part thaws.
- ✓ Seek medical aid
- ✓ Elevate the affected part
- ✗ DO NOT use radiant heat to rewarm part
- ✗ DO NOT break blisters
- ✗ NEVER thaw a part if there is any likelihood of it being refrozen.

Non-freezing cold injury

Prolonged exposure of limbs to low temperatures above freezing may lead to "trench Foot" or "immersion foot"

Treatment

- ✓ Dry the foot well. Keep the body warm but the foot cold
- ✓ Elevate the foot
- DO NOT walk on the affected feet.
- ✗ DO NOT use radiant heat to rewarm the part

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