

## HEAT INDUCED CONDITIONS

### HEAT EXHAUSTION

1. **Lie casualty down:**
  - move casualty to lie down in a cool place with circulating air.
2. **Loosen tight clothing:**
  - remove unnecessary garments.
3. **Sponge with cold water.**
4. **Give fluids to drink.**
5. **Seek medical aid:**
  - if casualty vomits
  - if casualty does not recover promptly.

### HEATSTROKE

1. **Follow DRABCD.**
2. **Apply cold packs or ice:**
  - apply to neck, groin and armpits.
3. **Cover with wet sheet.**
4. **📞 Call 000 for an ambulance.**
5. **If casualty fully conscious, give fluids.**

### HEAT EXHAUSTION SIGNS & SYMPTOMS

- feeling hot, exhausted and weak
- persistent headache
- thirst and nausea
- giddiness and faintness
- fatigue
- rapid breathing and shortness of breath
- pale, cool, clammy skin
- rapid, weak pulse

### HEATSTROKE SIGNS & SYMPTOMS

- high body temperature
- flushed and dry skin
- irritability and mental confusion may progress to seizure and unconsciousness
- dizziness and visual disturbances
- headache, nausea and/or vomiting

**WARNING** Heatstroke is a potentially lethal condition

Carry the **Off Road (4WD)** first aid kit on camping and caravanning holidays. Call St John on 1300 360 455 for further information about the full range of first aid kits.