



# Hot Weather

As with cold weather, preparation and prevention are important in protecting against the effects of heat.

- All persons should wear protective clothing appropriate for the conditions and their activity (including hats and 'sun smart' clothing)
- Use of sun block with a high SPF factor.
- Drink plenty of water before, during and after exposure to hot weather
- Address any symptoms of heat stress immediately.

## Heat Exhaustion

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

### **Treatment**

- Lie patient down and move to a cool place with circulating air
- Loosen tight clothing and remove unnecessary garments
- Sponge with cold water
- Give fluids to drink
- Seek medical aid if patient vomits or does not recover promptly

## Heatstroke

### **Signs and Symptoms**

- High body temperature, flushed skin
- Irritability and mental confusion may progress to
- Seizures and unconsciousness
- Dizziness and visual disturbances
- Headache, nausea and/or vomiting

### **Treatment**

- Apply cold pack or ice to neck, groin and armpits
- Cover with wet sheet
- Call 000 for an ambulance.
- If casualty fully conscious, give fluids

## **WARNING**

### **Heatstroke is potentially a lethal condition**

The above course of action for the assessment and treatment of Hypothermia is presented on the St John Ambulance Australia website. This information is not a substitute for first aid training. St John Ambulance Australia and Rowing Australia recommend that everyone is trained in first aid.