

# FIRST AID TREATMENT OF EXERTIONAL HEAT ILLNESS

## CRAMPS & FAINTING

- ▶ **STOP SPORT OR ACTIVITY**
- ▶ Rest in a cool environment
- ▶ Hydrate
- ▶ Seek medical help if there is no improvement

## HEAT EXHAUSTION

- ▶ **STOP SPORT OR ACTIVITY**
  - ▶ Lay person down in a cool environment
  - ▶ Cool body (remove outer clothing or wet clothes, mist skin with cool water, fan/air conditioner)
  - ▶ Hydrate
  - ▶ Seek medical advice (if needed call triple zero "000")
  - ▶ Prepare to give CPR if necessary
- PLEASE NOTE: This is a serious condition that can develop into heatstroke.**

## HEAT STROKE

- ▶ **CALL TRIPLE ZERO (000) FOR AN AMBULANCE**
- ▶ Lay person down in a cool environment
- ▶ Do not give the person fluids to drink
- ▶ Cool body (remove outer clothing or wet clothes, mist skin with cool water, fan or air conditioning)
- ▶ Place ice packs (wrapped in towel) under armpits and groin
- ▶ Stop cooling if person starts shivering
- ▶ If unconscious place person on their side and clear their airway
- ▶ Prepare to give CPR if necessary

**HEAT STROKE IS A MEDICAL EMERGENCY.  
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

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