

OVERHEATING

1) Heat Cramps

Signs and Symptoms:

- Muscular fatigue and/or twitches leading to painful, involuntary cramping in the legs, arms, or abdomen when exercising.
- Dehydration, thirst, sweating, and fatigue.

Treatment:

- Stop exercise.
 - Rest in cool area, or air-conditioned area.
 - Provide fluids, such as water and/or a sport drink which contains electrolytes.
 - Ice massage on affected muscle.
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2) Heat Exhaustion

Signs and Symptoms:

- Heavy sweating and pale skin.
- Headache, dizziness, fatigue, chills, and weakness.

Treatment:

- Move to a cool/shaded area.
 - Elevate legs.
 - Cool down with ice towels or ice bags.
 - Drink plenty of fluids.
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If a person experiencing heat exhaustion doesn't respond quickly to treatment, exertional heat stroke should be suspected. Cool the person and call 911.

3) Exertional Heat Stroke – This is a medical emergency!

Signs and Symptoms:

- Excess sweating and/or flushing skin.
- Headache, dizziness, confusion, fatigue, and disorientation.
- Confusion, aggression, seizures, and loss of consciousness.
- Increased heart rate; rapid breathing.

Treatment:

- Cool as quickly as possible. Use cold wet towels and move to a shaded cool area.
 - Activate emergency medical system: **Call 911.**
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If you experience a heat-related illness, contact your doctor before you return to physical activity.

All information above on heat illnesses is to be used as a guideline and is not comprehensive. References include the National Athletic Trainers' Association and the Korey Stringer Institute.