MANAGING BODILY OVERHEATING

STAGES OF BODILY OVERHEATING:

There are three stages of Bodily Overheating:

- Stage 1-Serious—Dehydration
- Stage 2-Severe—Heat Exhaustion
- Stage 3-Critical—Heat Stroke

Stage 1: Serious—Dehydration:

Symptoms: (depending on mild to severe condition) Feeling dizzy, light headed, dry or sticky mouth, less or darker urine, thirst, dry eyes, lethargy, confusion, fast pulse, visual snow, sunken eyes, increased body temperature, gogginess or sleepiness, headaches, nausea, tingling in limbs, muscle spasms, painful urination, shriveled skin, dimming of vision or delirium.

Treatment: Drink water, rest in shade; see an M.D. for intravenous rehydration in severe cases. Extreme symptoms (e.g. Fainting, vomiting, fast pulse, delirium) should be directed to an M.D. Severe de-hydration is a medical emergency!

Prevention: Drink water all day, wear loose clothing, cover from sunlight, take breaks in shade, reduce caffeine intake, eat Popsicles and replace electrolytes. Drink some cool water on your way to work in the morning to pre-hydrate. Avoid over exertion in heat. Color of urine is a more reliable indicator of dehydration than is thirst.
Stage 2—Severe-Heat Exhaustion:

**Symptoms:** Body overheats and cooling system becomes overwhelmed. This is usually the advanced state of de-hydration. Mental confusion, muscle cramps, nausea, vomiting, lack of sweating, body temperature 103-104 degrees.

**Treatment:** This is a Medical Emergency. Call 911 or transport to a clinic. Until help arrives immerse in cool or cold water or use cool or cold compresses. Move victim to cool, shady area. Apply a fan. Avoid overcooling. Give cool water to drink if conscious.

**Prevention:** Same as Stage 1

Stage 3—Critical-Heat Stroke:

**Symptoms:** Skin has become bluish. Alternate complaints of being hot and chilly, trembling, convulsions, vomiting, temporary blindness, unconsciousness.

**Treatment:** This is a Medical Emergency. Call 911. First aid same as Stage 2.

**Prevention:** Same as Stage 1