HEAT ILLNESS

IDENTIFICATION AND TREATMENT

Causes

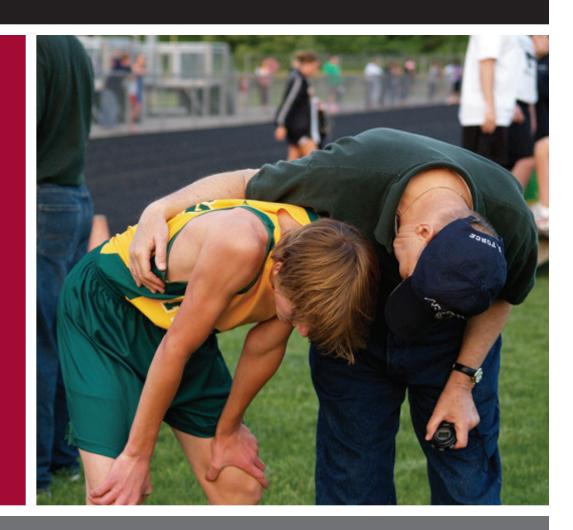
- Excessive sweating
- · Failure to drink enough fluid
- Hot, humid weather
- Exercise in hot environment

Prevention

- · Wear light, loose fitting clothing
- Pay attention to early symptoms of heat illness
- Before exercise drink at least 8 oz. of water/ sport drink
- During exercise drink at least 8 oz. of water every 20 minutes
- After exercise drink 16 oz. of water for every pound of weight lost

Treatment

- · Remove from heat
- Replace lost fluids
- Rest





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Illness caused by prolonged exposure to hot temperatures, high humidity, slow air movement and increased physical activity

Heat Exhaustion

- Skin cool and moist
- Pale or gray skin color
- Slow pulse
- Confusion
- Muscle cramps
- Low or normal body temperature
- Dark yellow or orange urine

Heat Stroke

- MEDICAL EMERGENCY
- Sudden dizziness, weakness, faintness and headache
- Skin is hot and dry
- No sweating
- High body temp 102°+
- Rapid heartbeat
- Muscle cramps