



Causes, symptoms, and treatment

Heat stress symptoms are a set of natural signals telling you that something needs to be done to balance your body's heating and cooling. As your body heats up, it tries to rid itself of excess heat through the evaporation of sweat. If it is unable to cool itself this way, your body temperature will increase. When body temperature gets above 38-39°C, the brain starts to overheat, leading to a shutdown of your body's cooling system (sweating stops). Your temperature now rises even faster, leading to heat stroke and possibly death. The causes, symptoms, and treatment of various heat-related illnesses are listed below.



CAUSES	FAINTING Fluid loss and inadequate water intake
SYMPTOMS	Sudden fainting after at least two hours of work; cool moist skin; weak pulse
TREATMENT	GET MEDICAL ATTENTION Assess need for CPR; move to a cool area; loosen clothing; make person lie down; and when the person is conscious , offer sips of cool water. Fainting may also be due to other illnesses.

CAUSES	HEAT EXHAUSTION Fluid loss and inadequate salt and water intake causes the body's cooling system to start to break down
SYMPTOMS	Heavy sweating; cool, moist skin; body temperature above 38°C; weak pulse; normal or low blood pressure; tired and weak, nausea and vomiting; very thirsty; panting or breathing rapidly; blurred vision
TREATMENT	GET MEDICAL AID This condition can lead to heat stroke, which can kill; move the person to a cool shaded area; loosen or remove excess clothing; provide cool water to drink; fan and spray with cool water

CAUSES	HEAT STROKE If a person's body has used up all its water and salt reserves, it will stop sweating, which can cause body temperature to rise; heat stroke may develop suddenly or may follow from heat exhaustion
SYMPTOMS	High body temperature (above 41°C) and any of the following: the person is weak, confused, upset, or acting strangely; has hot, dry, red skin; a fast pulse; headache or dizziness; in later stages, a person may pass out and have convulsions
TREATMENT	THIS IS AN IMMEDIATE MEDICAL EMERGENCY. PROMPT ACTION MAY SAVE THE PERSON'S LIFE CALL AN AMBULANCE This condition can kill a person quickly; remove excess clothing; fan and spray the person with cool water; offer sips of cool water, if the person is conscious