

HYPERTHERMIA

First Aid Management

SIGNS & SYMPTOMS

- Hot, sweaty and breathless
- High body temperature
- Dizziness and faintness
- Nausea, vomiting or diarrhoea
- Pale, dry skin
- Poor muscle control or weakness
- Decreasing levels of consciousness, confusion or seizures



Heat-induced illnesses, also known as hyperthermia, may be caused by the following:

- Excessive heat absorption from a hot environment
- Excessive heat production from metabolic activity
- Failure of the body's cooling mechanisms
- An alteration in the body's set temperature



FIRST AID MANAGEMENT

- Lie the casualty in a cool environment
- Loosen and remove any excess clothes
- Call 000 if the casualty isn't improving quickly



Once a person becomes too dehydrated to sweat, their body temperature can rise rapidly and dramatically.

IF OVER 5 YEARS OF AGE

- Immerse in cold water if possible for 15 minutes
- If not possible:
 - Wet them with cold water, put them under a shower, if safe, or wet with a hose
 - Apply ice packs
 - Repeatedly moisten the skin with a moist cloth
 - Fan continuously



COOL & HYDRATE

Cool or cold water can be given if the casualty is conscious and able to swallow.



REFERENCE
Guideline 9.3.4 - Heat Induced Illness (Hyperthermia), The Australian Resuscitation Council

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