

Weather Related Conditions

Causes
Fluid loss
Electrolyte imbalance

Heat Exhaustion Sx

- Common in temperatures above 80°F with high humidity
- Signs and symptoms:
 - Light-headedness/dizziness
 - Weak feeling
 - Rapid pulse
 - Thirsty
 - Nausea
 - Profuse sweating
 - Pulse weak
 - Body temperature usually normal

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Risk Factors

- Very young
- Older people
- Those with preexisting medical conditions

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Care for Heat Exhaustion

- Survey the scene
- Perform an initial assessment
- Move patient to a cooler place
- Remove constricting clothing
- Monitor ABCs

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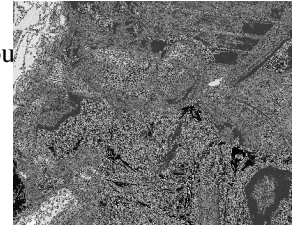
Heatstroke

- Results when a person has been in a hot environment for long period of time
- Patient's temperature rises, overwhelming the sweating mechanism
- Brain damage and death may occur if not treated rapidly.

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Signs and Symptoms of Heatstroke

- Very high body temperature
- Flushed, dry skin
- Skin feels hot to the touch



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Care for Heatstroke

- Maintain ABCs
- Cool victim down
 - Remove patient from hot environment.
 - Remove patient's clothing.
 - Wrap patient in wet towels.
 - Ice packs

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Risk Factors

- Temperature
- Windchill
- Age
- Medical conditions

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Frostbite – Superficial

- Part becomes numb and bright red.
 - Face, ears, fingers, toes
- Part then becomes pale white.



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Deep Frostbite

- Skin will be white and waxy.
- Skin may be firm or frozen.
- Swelling and blisters may be present.



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Care for Frostbite

- Frostbitten part must be rewarmed quickly.
- *Do not* rub frostbitten area.
- Remove jewelry and cover part in dry clothing/dry dressings.
- Apply heat to rewarm the part.

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Hypothermia

- Results when body temperature drops below 95°F
- People with wet clothing and preexisting illnesses are susceptible to hypothermia.

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Sx of hypothermia

- Feeling cold
- Shivering in the beginning that stops
- Decreasing/altered level of consciousness
- Sleepiness
- Slowed reactions
- Lack of coordination

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Treatment for Hypothermia

- Move patient to warm location.
- Remove wet clothing.
- Wrap patient in warm clothing and blankets.
- If conscious, give warm fluids
- In severe hypothermia, you may need to start CPR.

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