



FACT SHEET



Heat Induced Illness (heat exhaustion & heatstroke)

Heat exhaustion

1. Move the patient & assist them to lie down in a cool place with circulating air
2. Loosen tight clothing and remove unnecessary garments
3. Sponge with cool water
4. Give fluids to drink if conscious
5. Seek medical aid if patient vomits or does not recover quickly

Heatstroke

1. Follow DRSABCD
 2. Apply cold packs or wrapped ice to neck, groin and armpits
 3. Cover with wet sheet / towel
 4. Ensure an ambulance has been called – Triple Zero (000)
 5. If the patient is fully conscious and is able to swallow, give fluids
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WARNING

Heatstroke is a potentially lethal

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The above information is the recommended action to take during an emergency situation. Excite Safety Training recommends that First Aid training be obtained and that these tools and information are not a replacement for obtaining First Aid training. Excite Safety Training will in no way be held responsible for the incorrect application or misuse of this information.