



HEAT-RELATED EMERGENCIES WHAT TO DO

When it's warm out, it's important that our participants, volunteers and staff stay healthy at Bike MS®. **Learn how to recognize a heat-related emergency and what to do to treat it.**

CONDITION

COMMON SYMPTOMS

FIRST AID

HEAT STRESS

Heat stress is a **potentially dangerous** condition that occurs when the body is unable to regulate its temperature. Heat stress places a burden on the body, especially the heart.

- Dizziness
- Rapid heartbeat
- Diarrhea/cramps
- Nausea
- Throbbing headache
- Dry skin (no sweating)
- Chest pain
- Weakness
- Breathing problems
- Mental confusion
- Move the person to a cool place
- Give the person a half glass of water every 15 minutes for one hour
- Stop giving fluids if the person vomits

HEAT EXHAUSTION

Heat exhaustion is **more serious than heat stress**. It is caused by failing to replenish fluids that are lost in perspiration.

- Dizziness
- Nausea
- Sweating
- Near normal body temperature
- Clammy skin
- Pale or flushed skin
- Weakness
- Move the person to a cool place
- Have the person lie on their back, with feet elevated
- Fan the person and sponge with cool water
- Offer the person a half glass of water every 15 minutes
- **Get medical help**

HEAT STROKE

HEAT STROKE IS A MEDICAL EMERGENCY. It can cause permanent damage to the brain and vital organs, or even death. Heat stroke can occur when the body can't cool itself because its temperature regulating system is overwhelmed. **Heat stroke can occur suddenly, with little warning.**

- No sweating — or, in some cases, profuse sweating
- High temperature (105 F or more)
- Hot, dry, flushed skin
- Confused, delirious behavior
- Loss of consciousness or coma
- **CALL FOR MEDICAL HELP IMMEDIATELY. Then start first aid:**
- Move the person to a cool place
- Cool the person's body temperature quickly by giving a cool bath (or sponging with cool water) and fanning
- Treat for shock
- Offer the person a half glass of water every 15 minutes

HEAT-RELATED EMERGENCIES OVERVIEW

| | HEAT STRESS | HEAT EXHAUSTION Get medical help | HEAT STROKE GET IMMEDIATE MEDICAL HELP |
|-----------------------|------------------------|-------------------------------------|---|
| Muscle cramps | Yes | No | No |
| Breathing | Varies | Rapid, shallow | Deep, then shallow |
| Pulse | Varies | Weak | Full, rapid |
| Weakness | Yes | Yes | Yes |
| Skin | Moist, warm; no change | Cold, clammy | Dry, hot |
| Perspiration | Heavy | Heavy | Heavy |
| Loss of consciousness | Seldom | Sometimes | Often |

For more health and safety tips, visit **BIKEMS.ORG.**