



SA AIA / ADVENTURE IN THE HEAT

Recognising Heat-Related Illness

Heat illness can develop during exertion, even when a person is drinking water. Stop activity and get help when someone is struggling.

01 Warning signs

Thirst, dizziness, headache, unusual weakness, nausea, heavy sweating or painful cramps: stop, move somewhere cool and start cooling.

02 Support and seek care

Stay with the person. Offer small sips only if fully alert and able to swallow. Arrange medical assessment for suspected heat exhaustion.

03 Heatstroke is an emergency

Confusion, a seizure or collapse in the heat: call 112 from a mobile immediately. A person may still be sweating. Do not wait for a temperature reading.

04 Cool while help is coming

Remove extra clothing. Wet skin and fan; use cold wet cloths. Use cold-water immersion if feasible with safe supervision and airway support. Give no oral fluids if confused or unconscious.

Call 112 from a mobile. If not breathing normally, follow dispatcher CPR instructions.

www.saaia.org.za

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General educational guidance. Activity-specific decisions remain the responsibility of the relevant operator and competent personnel.

Sources: CDC / NIOSH; American Heart Association / American Red Cross; Western Cape Government, Health and Wellness

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ONLINE FLYER

