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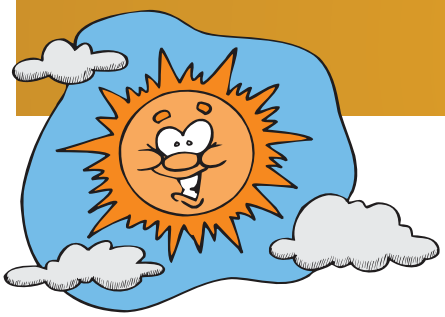
RISK REMINDER

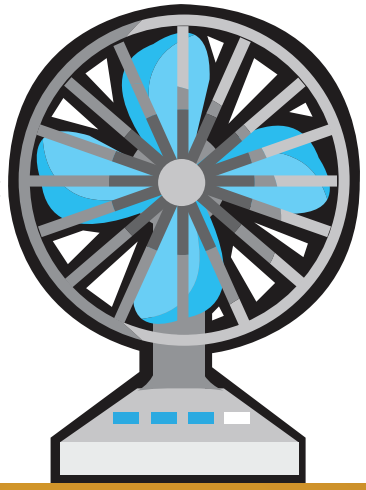


Heat Exhaustion

Recently, there has been an increasing number of news reports about school athletes pushing themselves to the limit. During training, especially in hot weather, student athletes can become physically drained. It is logical that, if athletes wear pads, sweats and a helmet in the heat and do not drink enough or take sufficient breaks, they are putting themselves at risk for heat exhaustion, a heat stroke, or even potentially losing consciousness. Knowing the signs and risk factors is important to prevent serious physical problems.

What Is Heat Exhaustion?

Heat exhaustion is caused by excessive heat and dehydration which, in turn, causes blood flow to decrease in vital organs. It's the second stage of heat-induced illness – coming after heat cramps and before heat stroke. Although heat exhaustion is not by itself a life-threatening emergency such as heat stroke, it can progress to heat stroke if left untreated.



Preventing Heat Exhaustion

- Stay well-hydrated. Drink lots of fluids. If you are involved in athletics, preload before exercising by drinking at least 10 ounces of water and replenish every 15 to 20 minutes with eight ounces of fluid during activity.
- Be sensible about how much you exert yourself in hot weather.
- Wear light clothing.
- Stay out of the hot afternoon sun if possible.

Treating Heat Exhaustion

1. Move to a cooler place indoors or in the shade outdoors.
2. Lay the person down in the shock position, on the back with feet raised.
3. Loosen clothing.
4. Drink cool fluids like water or juice. If available, add ½ teaspoon of salt to a quart of water, or drink a sport drink like Gatorade or PowerAde.
5. If there is no vomiting, eat salty foods like Saltine crackers.

Signs of Heat Exhaustion

- Cold, clammy skin
- Slow pulse
- Low blood pressure
- History of heat cramps just beforehand
- Heavy sweating
- Dilated pupils
- Headache
- Dizziness
- Nausea
- Vomiting
- Fainting
- Modestly increased temperature (100° to 101° F)