

# Keep Away From Me, Heat Injury!!

## 5 Steps for First Aid (Easy Guide)



# What is Heat Injury?



Acute illnesses resulting from failure of the body's normal thermoregulatory mechanisms after exposure to excessive heat.

# Types of Heat Injury



## Mild: Heat Cramps

Symptoms: Sweating,  
painful muscle cramping



## Moderate: Heat Exhaustion

Symptoms: Light-headed, headache,  
heavy sweating, pale face,  
fast heartbeat, clammy skin



## Severe: Heat Stroke

Symptoms: Light-headed, headache,  
unconscious, elevated body temperature  
higher than 40°C, red, hot skin



**Death rate for heat stroke is  
30-80%**

**Without proper treatment, heat injury will result in organ  
failure related to duration of elevated temperature.**

# Who is most at risk of heat stroke?

## Older Adults, the Disabled, Women and Children

Adults older than 65 years old  
Infants, children  
Pregnant women



## Labor workers and athletes

Outdoor labor workers  
Workers in confined space  
Athlete



## Patients

Chronic diseases patients  
Patients with metabolic disorders  
Patients with mental disorders



## Others

Disabled or bed-ridden patients  
People under specific medication  
Obese people



# First Aid: 5 Steps

## 1 Shade

Move patient from high temperature environment to shade with circulating air.



# First Aid: 5 Steps



## 2 Take off Clothes

Untighten clothes

Slightly raise feet

Lie down to rest

Lie down on one side if vomiting

Keep the respiratory track unobstructed



# First Aid: 5 Steps

## 3 Dissipate Heat

**Spray water** onto skin.

Fan air over the patient to help sweating.

Use **ice packs** (use towel to cover ice or cool cans).

Place ice packs near the neck, armpit and groin.



# First Aid: 5 Steps

## 4 Drink Water

Conscious patients can drink diluted energy drinks (such as sports drinks) or cold water with salt (no alcohol or caffeine).

If the patient is unconscious,  
no water should be given.



# First Aid: 5 Steps

## 5 Call for Medics

Call the ambulance  
(call 119 or drive to hospitals)

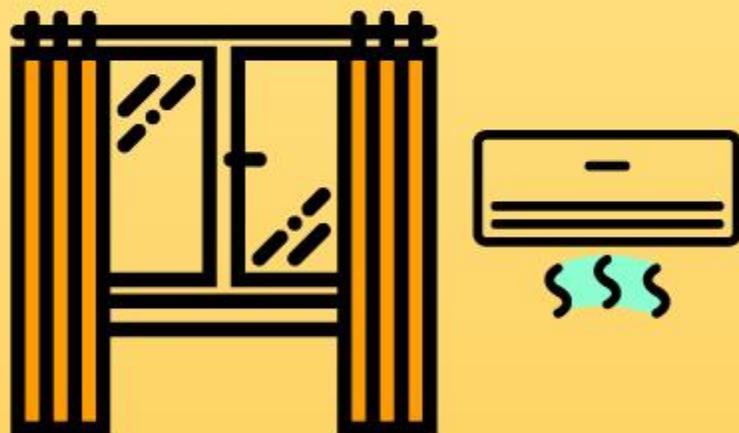


# Heat Injury Prevention: 3 Tips

## 1 Keep Cool



Wear casual, light-colored,  
loose and breathing clothes



Use curtain to block sunshine  
Stay indoors or under the shade  
Stay in airy places with air-conditioning



Avoid staying under the Sun from 10 am to 2 pm  
**Never leave children in the car alone**



# Heat Injury Prevention: 3 Tips

## 2 Drink Water



Regularly check  
water consumption

240C.C. 240C.C.



Outdoor labor workers or  
athletes should take in 2-4  
cups of water per hour.  
(1 cup = 240 c.c.)

240C.C. 240C.C.



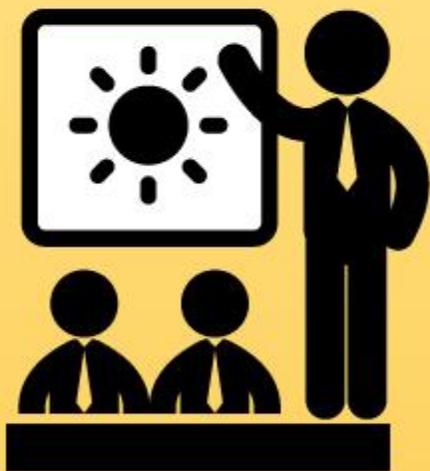
Eat more vegetables  
and fruits



Do not drink alcohol and  
sugary drinks or iced water

# Heat Injury Prevention: 3 Tips

## 3 Be Alert—For special workplace groups



Employers arrange related courses for employees to know symptoms of heat injury for better prevention.



Outdoor workers and athletes should be aware of the body condition of themselves and people around them.

Take regular breaks and drink water.



People working in confined space should drink water regularly, watch out for air flow and take breaks.

# Heat Injury Prevention: 3 Tips

## 3 Be Alert—General groups



Central Weather Bureau  
(CWB)

Pay attention to weather forecast by CWB.  
Arrange outdoor activities on days with  
lower temperature.



Bring umbrella, wear broad-brimmed hat,  
sunglasses, and apply sunscreen

# Heat Injury Prevention: 3 Tips

## 3 Be Alert—Special groups



**Older adults:** older adults do not adjust temperature well. They should stay indoors in cooler, airy places with air-conditioning. If you don't have air-conditioning at home, go to public shelters with air-conditioning when outside temperature is really high. We should pay attention to the body condition of older adults at home.



**Chronic disease patients:** chronic patients with hypertension or cardiovascular disease should leave high temperature environment if they feel chest pain, chest tightness, fast heartbeat, and panting. Try to lower body temperature (use fan) and go to the hospital as soon as possible.

# First Aid: 5 Steps! Review



Shade



Take off  
clothes



Dissipate  
Heat



Drink  
Water



Call for  
Medics

Remember the 5 steps  
to reduce heat injury

For more information, please go to  
“Heat Injury Prevention Website”

