

HEAT Exhaustion & Heat Stroke

Name: _____

Date: _____

Situation:

It's 97 degrees at the eventing rally and your teammate is complaining of a headache, feels like he is going to throw up, feels dizzy with wobbly legs, and bites your head off when you ask his next ride time.

He may have heat _____ and it could develop into heat _____.

What is Heat Stroke?

It means getting sick when your body takes _____ more HEAT than goes _____.

Heat comes IN from the _____, and _____, and strenuous work.

Heat goes OUT by blood taking it to the _____ and it is released into the air, and by _____.

When it is hot outside, the heat in your body doesn't get released as fast into the air, and the sweat doesn't evaporate as fast.

Your normal body temperature is _____.

When your body heats to _____ degrees, your system is maxed out, any higher and you could have serious problems.

Symptoms of heat stroke:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

What to do:

- 1) Your teammate needs _____ and to get cooled down NOW!
- 2) Stop all _____ and get into the shade or cool building.
- 3) Loosen _____ and remove non-essentials (gloves, hat, shoes, etc)
- 4) Get _____ into and onto him.
- 5) Rub ice on his _____ to cool him down quickly.

If he is: not feeling better quickly, seems confused, or if his **skin is hot and dry** then he may already have heat stroke and he needs medical attention immediately!

This is a **LIFE THREATENING** Emergency! Get help!

How to avoid heat stroke:

- 1) Eat and drink properly the few days before competition
- 2) Drink _____ every 15 - 30 minutes. (not juice, soda, or Gatorade)
- 3) Take breaks in the shade every _____
- 4) Hose off both you and your _____
- 5) Do your riding in the _____ or _____
- 6) Dress smart - light, _____, and cover the skin. Don't forget to wear a hat (light colored with air holes)
- 7) Allergy medicines, Ritalin, and water pills make you more susceptible to problems with heat stroke. Be very careful in the heat while taking these medications.

Your JOB:

- 1) Know _____ it could happen.
- 2) Know how to _____ it and be smart
- 3) Know how to recognize the _____ in others.
- 4) Know what to _____ when you see it.

Remember Heat Stroke can kill,
and it is always PREVENTABLE!