



HEAT Exhaustion & Heat Stroke

Name: _____ **Teacher** _____

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, and bites your head off when you ask his next ride time.

He has heat **exhaustion** and it could develop into heat **stroke**.

What is Heat Stroke?

It is getting sick when your body takes **IN** more HEAT than goes **OUT**.

Heat comes IN from the **sun**, **high temperature**, and strenuous work.

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

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 **98.6**.

When your body heats to **104** degrees, your system is maxed out, any higher and you could have serious problems.

Symptoms of heat stroke:

- 1) Headache
- 2) Sick stomach
- 3) Legs cramping / wobbly
- 4) Confused, not thinking clearly (not good around a horse!)
- 5) Grouchy

What to do:

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

If he is:

- 1) not feeling better quickly,
- 2) seems confused,
- 3) 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 **WATER** every 15 - 30 minutes. (not juice, soda, or Gatorade)
- 3) Take breaks in the shade **every hour**
- 4) Hose off both you and your mount
- 5) Do your riding in the **morning** or **evening**
- 6) Dress smart - light, **loose**, 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 **when** it could happen.
- 2) Know how to **avoid** it and be smart.
- 3) Know how to recognize the **symptoms** in others.
- 4) Know what to **do** when you see it.

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