

Cold & Heat Emergencies

Body & health

Recognising both extremes, and the first response to each.

Hypothermia

- Shivering, then shivering stops — a bad sign
- Confusion, slurred speech, clumsiness
- Move somewhere warm, remove wet clothing
- Insulate including the head, warm drinks if alert
- Handle gently; rough movement can trigger arrhythmia

Heatstroke

- Body over 40°C, confusion, may stop sweating
- Different from heat exhaustion — that has sweating
- Move to shade, cool aggressively
- Cool water, wet cloths, fanning
- Call emergency services immediately

THE DIFFERENCE THAT MATTERS

Heat exhaustion improves with rest, cooling and fluid within 30 minutes. If it does not, treat as heatstroke.

Educational reference. Both are life-threatening once confusion or altered consciousness appears.