

Sun & Heat Outdoors

Practical skills

Preventing heat illness, and recognising it early.

Heat exhaustion

- Heavy sweating
- Dizziness, nausea, headache
- Pale, clammy skin
- Fast, weak pulse
- Move to shade, cool, drink fluids

Heatstroke — emergency

- Confusion, altered behaviour
- May stop sweating
- Hot, red skin
- Temperature above 40°C
- Call emergency services immediately

THE DIFFERENCE THAT MATTERS

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

Educational reference. Confusion is the line between the two, and heatstroke is life-threatening.