

Environmental Issues

Heat exhaustion – caused through excessive water and salt loss often after exercise.

Signs and symptoms	Treatment	Prevention
<ul style="list-style-type: none"> • Casualty will be conscious but may complain of feeling tired, nauseous, thirsty or dizzy. • May also have a headache or muscle fatigue • They may be breathing quicker or their pulse may be faster • They will be flushed with moist skin • Core temperature will be within the normal range 	<ul style="list-style-type: none"> • Move into a cool area. Fanning will help to cool them down quickly • Give them something to eat and drink • Don't allow them to continue until they are well rested and rehydrated 	<ul style="list-style-type: none"> • Ensure everyone has plenty to eat and drink during activities • Keep in the shade wherever possible • Don't wear too many layers

Hyperthermia – occurs when the body is no longer capable of maintaining core temperature. This can be due to heat exhaustion not being treated and the body is no longer capable of cooling itself down. Or it can come about through illness or some other cause and the body is no longer able to maintain control of temperature.

Signs and symptoms	Treatment	Prevention
<ul style="list-style-type: none"> • Headache, confusion or delirium • Convulsions and unconsciousness • Rapid pulse and breathing • Skin hot and flushed but dry • Core temperature over 40°C 	<ul style="list-style-type: none"> • Lie them down in a cool area • Sponge them with tepid water and fan to increase evaporation • If conscious give water or rehydrating solutions • Call 999/ 112 as all casualties with suspected hyperthermia need to be checked out by medical personnel • Do not give aspirin or paracetamol 	<ul style="list-style-type: none"> • Ensure everyone has plenty to eat and drink during activities • Keep in the shade wherever possible • Don't wear too many layers

Hypothermia – occurs when the body is no longer capable of maintaining core temperature and the core temperature goes down. This can occur slowly in dry conditions but water activities can lead to cold shock or immersion hypothermia

Signs and symptoms	Treatment	Prevention
<ul style="list-style-type: none"> • Alert and shivering • Looks and feels cold • Changes in character noticeable. May start to withdraw from the activity • Starting to struggle with simple activities such as opening their rucksack • Slurring of speech and increasingly becoming incoherent 	<ul style="list-style-type: none"> • Insulate from the ground and protect from the wind and rain • Give them a hot sweet drink and some food • Wherever possible, change wet clothing for dry • Add additional layers • Do not continue activity until casualty has warmed up 	<ul style="list-style-type: none"> • Ensure everyone has plenty to eat and drink. Consider a balance of fast and slow release carbohydrates in their diet • Ensure everyone has the correct clothing for the weather conditions • Consider the 3 main heat loss mechanisms <ul style="list-style-type: none"> ○ Conduction <ul style="list-style-type: none"> ▪ Sit on something during breaks to insulate from cold ground ○ Convection <ul style="list-style-type: none"> ▪ Wear waterproof and windproof clothing ○ Radiation <ul style="list-style-type: none"> ▪ Cover the body wherever possible including a hat