



HEAT-RELATED EMERGENCIES

WHAT TO DO

During the hot summer months, it's important that our participants, volunteers and staff stay healthy at Bike MS®. Learn how to recognize a heat-related emergency and what to do to treat it.

CONDITION	COMMON SYMPTOMS	FIRST AID
HEAT STRESS Heat stress is a potentially dangerous condition that occurs when the body is unable to regulate its temperature. Heat stress places a burden on the body, especially the heart.	<ul style="list-style-type: none">DizzinessRapid heartbeatDiarrhea/crampsNauseaThrobbing headacheDry skin (no sweating)Chest painWeaknessBreathing problemsMental confusion	<ul style="list-style-type: none">Move the person to a cool placeGive the person a half glass of water every 15 minutes for one hourStop giving fluids if the person vomits
HEAT EXHAUSTION Heat exhaustion is more serious than heat stress. It is caused by failing to replenish fluids that are lost in perspiration.	<ul style="list-style-type: none">DizzinessNauseaSweatingNear normal body temperatureClammy skinPale or flushed skinWeakness	<ul style="list-style-type: none">Move the person to a cool placeHave the person lie on their back, with feet elevatedFan the person and sponge with cool waterOffer the person a half glass of water every 15 minutesGet medical help
HEAT STROKE HEAT STROKE IS A MEDICAL EMERGENCY. It can cause permanent damage to the brain and vital organs, or even death. Heat stroke can occur when the body can't cool itself because its temperature regulating system is overwhelmed. Heat stroke can occur suddenly, with little warning.	<ul style="list-style-type: none">No sweating — or, in some cases, profuse sweatingHigh temperature (105 F or more)Hot, dry, flushed skinConfused, delirious behaviorLoss of consciousness or coma	<p>CALL FOR MEDICAL HELP IMMEDIATELY.</p> <p>Then start first aid:</p> <ul style="list-style-type: none">Move the person to a cool placeCool the person's body temperature quickly by giving a cool bath (or sponging with cool water) and fanningTreat for shockOffer the person a half glass of water every 15 minutes

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OVERVIEW

	HEAT STRESS	HEAT EXHAUSTION	HEAT STROKE
Muscle cramps	Yes	No	No
Breathing	Varies	Rapid, shallow	Deep, then shallow
Pulse	Varies	Weak	Full, rapid
Weakness	Yes	Yes	Yes
Skin	Moist, warm; no change	Cold, clammy	Dry, hot
Perspiration	Heavy	Heavy	Heavy
Loss of consciousness	Seldom	Sometimes	Often

For more health and safety tips, visit BIKEMS.ORG.