

Preventing Heat-Related Illnesses Infographic



As temperatures begin to rise with the approaching spring and summer months, so does the risk of heat-related illnesses (HRI) for EMS providers. Common types of heat illnesses include heat exhaustion, heat cramps, heat stroke and muscle breakdown.

Symptoms

Headache & confusion <
Profuse sweating <
Weakness & dizziness <
Rapid pulse <
Muscle cramps <
Nausea & vomiting <



Risks & Stressors

> Fatigue
> Dehydration & caffeine
> Prior heat stress event
> Medications & health conditions
> Personal Protective Equipment
> Lack of Acclimation

Steps to Prevent Heat-Related Illness



Regularly monitor for signs and symptoms of HRI before and during shift

Check the weather prior to your shift and mitigate heat stress early



Drink water and electrolyte solutions before and during your shift

Have sufficient chilled water, electrolyte drinks and ice packs on hand



Take breaks as needed to rest, cool-off and rehydrate

Look for warning signs of HRI in your teammates



Source: <https://www.vdh.virginia.gov/>