

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided. Typical symptoms and treatment guidelines for the more serious conditions of Heat Stroke, Heat Exhaustion and Heat Cramps are given here:

	SYMPTOMS	TREATMENT
HEAT CRAMPS	<ul style="list-style-type: none"> • Muscle spasms, usually in the lower extremities, abdomen or both. • Normal body temperature. • Cool, moist skin. • Rapid pulse. • Remains alert. 	<ul style="list-style-type: none"> • Stop work and move the person to a cool, shady resting place. • Give enough cool drinking water, juice or oral rehydration solution. • Let the patient rest, and consult a medical professional to determine rest hours.
HEAT EXHAUSTION	<ul style="list-style-type: none"> • Extreme weakness, fatigue. • Excessive sweating. • Pale, cold clammy skin. • Dizziness, headaches. • Nausea, vomiting. • Fast, shallow breathing. • Loss of consciousness. • Muscle cramps, usually abdominal. 	<ul style="list-style-type: none"> • Get medical attention immediately when there is a loss of consciousness. • Place person in a cool shady area and do not leave them alone. • Cool person rapidly with running / water, or rapid fanning. Provide cool drinking water if the person is alert.
HEAT STROKE	<ul style="list-style-type: none"> • High body temperature. • No sweating. • Hot dry skin. • Very rapid, weak pulse. • Confused/irrational behavior. • Loss of consciousness, coma. • Can be fatal. 	<ul style="list-style-type: none"> • Immediately call for emergency medical assistance: 911 from a KAUST landline, or 012 8080911 from a mobile. • Place person in a cool, shady area and do not leave them alone. • Cool person rapidly with running water, or rapid fanning. • Provide cool drinking water if the person is alert and can sip small amounts quickly.

Prevent Heat Illness:



Work in the shade for outdoor activities. Avoid direct sun.



Provision of cool water. Drink plenty of water to avoid dehydration. Drink before thirsty.



Modify work schedules and arrange frequent rest periods.



Wear light weight, light colored, loose fitting clothes and use caps and UV protection glasses for outdoor activities.



Use AC/ industrial fans to cool and improve air flow.



Rest, rehydrate and recover. Take frequent breaks from the sun and heat.

Heat stroke is a medical emergency.

Please Call 911 from KAUST landline or 012-8080911 from mobile immediately.