FOOTLOOSE303 - FIRST AID KEY POINT SHEETS

INTRODUCTION

The idea of this sheet is for a walk leader to impart this information during a day walk; perhaps as a quiz with the subject announced at the start of the walk and the quiz at lunchtime with a choc bar or similar as a prize!

**HEAT EXHAUSTION, HEATSTROKE**

Prevention

a. Drink plenty of water.

b. Avoid over exertion.

c. Avoid sunburn.

[Normally we consume more salt than needed, so there should not be a problem in the UK].

**HEAT EXHAUSTION**

Symptoms

a. Thirst.

b. Tired.

c. Giddiness, headache, confusion.

d. Loss of appetite

e. Sweating, with pale *clammy* skin.

f. Cramp.

h. Rapid *weakening pulse* & breathing.

Treatment

a. Find coolest place. Lay casualty down & raise legs.

b. Give plenty of water.

**HEATSTROKE**

Symptoms

a. Giddiness, headache.

b. Restless & confused.

c. Hot, flushed, *dry* skin.

d. Rapid deterioration in the level of consciousness.

e. *Bounding pulse*.

Treatment

a. Remove clothing.

b. Wrap in wet sheet. Fan, sponge with cold water.

c. Be prepared to “mouth to mouth” & heart compressions if breathing or pulse stops.