

Heat Exhaustion—Watch for these Signs

Heat exhaustion is the body's response to excessive loss of water and salt contained in sweat. Persons most prone to heat exhaustion are the elderly, people with high blood pressure and those working or exercising in a hot environment.

Warning signs of heat exhaustion include:

- heavy sweating
- dizziness
- pale skin
- headache
- muscle cramps
- nausea or vomiting
- tiredness
- fainting
- weakness



Treatment focuses on cooling the victim quickly

- Encourage cool, non-alcoholic beverages
- A cool shower, bath, or sponge bath will lower body temperature
- Loosen clothing
- The victim should rest in a cool, air-conditioned environment

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