

HEAT STRESS INJURIES

HEAT RASH

- Red raised rash
- Impairs sweating and decreases effectiveness of sweating

HEAT CRAMPS

- Muscle cramps, pain or spasms in the abdomen, arms or legs

HEAT EXHAUSTION

- Moist, clammy skin
- Dilated pupils
- Normal or subnormal temperature
- Dizziness, confusion and/or nausea
- Weak pulse
- Rapid breathing

HEAT STROKE

- Dry, red, hot skin
- Pupils constricted
- Very high body temperature
- Dizziness, confusion and/or nausea
- Pulse rapid
- Unconsciousness
- Coma
- Death

HOW TO PREVENT

- Hydrate. Drink 8 to 16 cups of water a day.
- Eat a well-balanced diet. Salt food to taste.
- Get plenty of rest, at least 6 hours every 24 hour period.
- Keep a lookout for shipmates and watch for symptoms.
- Limit how much coffee and sodas you drink.