

First Aid for Heat Stress

This fact sheet is for the public and provides information and advice on first aid for heat stress.

First Aid Treatment for Heat Stress/Heat exhaustion

- Increase fluid intake but avoid very cold beverages
- Avoid alcoholic drinks
- Have a cold shower, bath or sponge bath
- Lie in a cool place with legs supported and slightly elevated
- Seek medical attention if symptoms worsen or last longer than 1 hour

First Aid Treatment for Heat Cramps

- Stop activity and sit quietly in a cool place
- Increase fluid intake, preferably glucose drink (eg cordial, sports drink)
- Massage muscles to ease spasms or cramps and apply ice packs
- Rest for a few hours before returning to activity
- Seek medical attention if heat cramps do not subside in 1 hour

First Aid Treatment for Heat Rash

- Spend as much time as possible in a cool environment with low humidity
- Keep the affected area dry
- Baby powder may be used to increase comfort, avoid moisturisers, ointments or creams
- Seek medical attention if rash does not subside and you are concerned

First Aid for Heat Stroke

- Seek medical assistance as soon as possible
- Lay the person in a cool area with legs supported and slightly elevated.
- Remove the person's outer clothing
- If unconscious check airway and breathing
- Cool the person rapidly by
 - immerse in cool bath
 - apply ice packs to groin, armpits and neck
 - sponge with cool water
 - spray with cool water from garden hose
 - wrap in wet sheet
 - Fan the person vigorously
- When conscious give sips of water