

Heat Exhaustion – What to do

Heat exhaustion occurs if **too much water and salt is lost** from the body. This is most commonly caused by excessive sweating in hot conditions.

It is not serious and should get better if you cool down.

What are the signs of heat exhaustion?

The casualty may have a **headache** and they may feel **dizzy** and **confused** and experience **cramps**. It is common to feel **nauseous** and have a **lack of appetite**. Their skin might go **pale**, their **breathing may become rapid** and they are likely to feel really **thirsty** too.



If you suspect someone is suffering with heat exhaustion you should cool them down.



- Move them somewhere cooler
- Encourage them to lie down with their feet up slightly
 - Make sure they drink plenty of water
- Fan their skin or spray it lightly with cool water

The person should begin to feel better within half an hour.

If they do not feel better within 30 mins it may be **heat stroke**. For this, you should call 999 and put them in the recovery position if they lose consciousness.

Contact us if you have any other questions about first aid for someone who is suffering from heat exhaustion or heat stroke.