



# NMCPHC QUICK HITS

## Protect Against the Elements, Protect Against Injury

Heat stress injuries have a negative impact on combat readiness. Pushing through these injuries by “being tougher” could put you at risk for life-threatening injuries. Factors such as direct sunlight, humidity and improper clothing can lead to heat stress injuries. Symptoms of heat stress injuries, such as decreased sweating and confusion, vary and should be monitored closely.

### Heat Exhaustion

**Symptoms:** Headache, irritability, confusion, nausea, vomiting, weakness, dizziness and thirst.

**Treatment:** Drink water, rest and immediately begin cooling with a cool, wet cloth.

### Heat Stroke

**Symptoms:** Same as heat exhaustion plus altered mental state, unresponsiveness and convulsions.

**Treatment:** Remove the person from heat, remove clothing, apply cool water or ice to head, neck, armpits and groin, and quickly transport victim to the emergency room while continuing to cool.

### Heat Rash or “Prickly Heat”

**Symptoms:** Itchy, tiny red bumps around sweat ducts.

**Treatment:** Cool the person, especially the skin with a cool, wet washcloth.

### Heat Cramps:

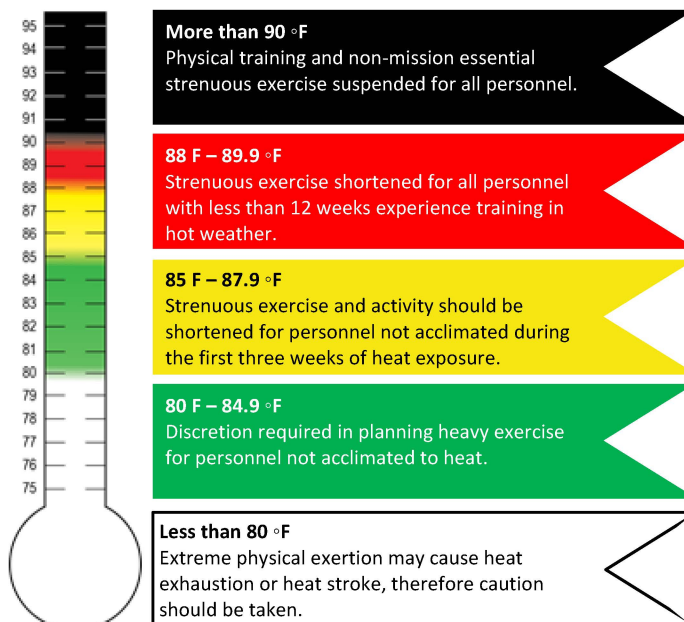
**Treatment:** Rest in a cool area and drink water.

### Heat Syncope or Fainting

**Symptoms:** Light-headedness and/or dizziness.

**Treatment:** Sit or lie down in a cool area and drink water.

## Flag Conditions Determined by the Wet Bulb, Globe Temperature (WBGT) Index



### Additional Resources:

- For additional guidelines on prevention and treatment measures for heat and cold stress injuries, check out occupational and environmental medicine’s (OEM) [technical manual](#).
- View and share NMCPHC’s [Heat Stress Awareness PSA](#) video to promote heat stress injury prevention!

