

TEMPERATURE HUMIDITY RATIO

<u>TEMPERATURE</u>	<u>HUMIDITY</u>	
80°– 90°	less than 70%	Watch Obese Athletes
80°-90°	greater than 70%	10 Minute Rest per Hour Change Wet Clothing Careful Supervision
90°-100°	less than 70%	10 Minute Rest per Hour Change Wet Clothing Careful Supervision
90°-100°	greater than 70%	Dangerous Conditions
100°		Suspend or Shorten Practice Practice in Shorts & T-Shirts Only

Sling Psychrometer: Measures wet and dry bulb temperatures to measure the temperature/humidity index.

CATEGORIES OF HEAT STRESS

<u>DISORDER</u>	<u>CAUSE</u>	<u>RECOGNITION</u>
Heat Cramps	Hard Work in Heat Profuse Sweating Inadequate Salt Intake	Muscular Spasm Arms, Legs, and Abdomen Pupils Dilate with Each Spasm
Heat Syncope	Decrease Cerebral Oxygen Peripheral Vasodilatation Almost Like Shock	Fainting, Weakness Fatigue, Decrease Blood Pressure Blurred Vision, Increase Body Temperature, Skin Pallor
Heat Exhaustion	Increased & Prolonged Sweating Diarrhea, Precursor to Heat Stroke	Decreased Appetite, Increased Weight Loss, Fatigue, Weakness, Decreased Urine Volume Increased Body Temperature, Decreased Sweating, Weak Pulse
Heat Exhaustion (Salt Depletion)	Increased & Prolonged Sweating, Vomiting, or Diarrhea	Fainting, Headache, Fatigue, Dizziness, No Appetite, Nausea, Muscle Cramps, Decreased Blood Pressure, Develops More Slowly Than Water Depletion Exhaustion (3-5 Days)
Heat Stroke	Complete Shutdown of Body Cooling System <u>Suddenly</u>	Hot Dry Skin, Armpit & Groin Areas are Dry, Increased Body Temperature (over 105°), Coma, Seizures, Swelling, Rapid Pulse and Breathing, Full Pulse and Increased Blood Pressure.

TREATMENT OF HEAT STRESS

Heat Cramps

1. Administer Saline Solution (1/2 tsp. in 4 oz. of water every 15 minutes)
2. Remove to cool environment
3. Rest 24-48 hours
4. Continue to replace salt loss, i.e., salted food

Heat Syncope

1. Lower head
2. Remove to cool environment
3. Place supine
4. Replace salt (saline solution)

Heat Exhaustion
(water depletion)

1. Remove clothing
2. Remove to cool environment
3. Fluid intake (6-8 liters per day)
4. Bed rest

Heat Exhaustion
(salt depletion)

1. Remove clothing
2. Remove to cool environment
3. Bed Rest
4. Provide plenty saline

Heat Stroke (This is a medical emergency that can result in sudden death.)

1. Remove all clothing
2. Immerse in cold water (40°–50°) within one hour of onset or cool body by other means (fan, etc.) as quickly as possible
3. Rectal temperature
4. Attempt to reduce body temperature below 102° and pulse rate below 110