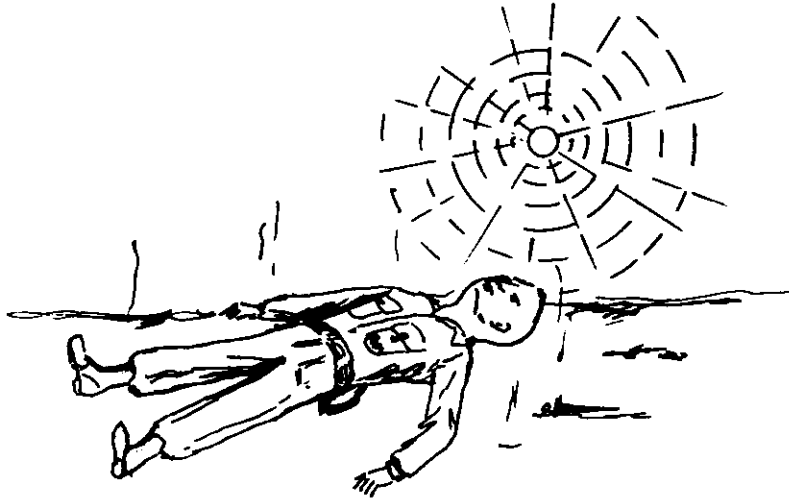


**ESSENTIAL SUBJECT**  
**PERFORMANCE ORIENTED TRAINING**

**STUDENT ADVANCE SHEET**



**HEAT INJURIES**



**JULY 1976**

FIRST AID AND FIELD SANITATION STUDENT ADVANCE SHEET

TRAINING STATION #5: HEAT INJURIES

OBJECTIVE: Provided with a victim with simulated symptoms of heat exhaustion, heat stroke, or heat cramps, identify the heat injury and administer appropriate first aid.

INSTRUCTION: The advance sheet included for this training station contains the key teaching points for the instruction which you will receive shortly. You should read through this sheet carefully to prepare yourself for instruction in and performance testing of the objective listed above. You should bring this advance sheet to class with you. The advance sheet for this training station has been broken down into the following parts:

PART I: FIRST AID FOR HEAT EXHAUSTION

PART II: FIRST AID FOR HEAT STROKE

PART III: FIRST AID FOR HEAT CRAMPS

PART I: FIRST AID FOR HEAT EXHAUSTION

STEP A: IDENTIFY HEAT EXHAUSTION by the following symptoms:

- Casualty complains of headache, weakness, dizziness, and muscle cramps.
- You observe that the casualty is sweating excessively.
- The casualty's skin is pale and feels cool, moist, and clammy to the touch.



STEP B: COOL THE CASUALTY BY:

- (1) Moving the casualty to a cool shaded area.
- (2) Loosening the casualty's clothing.

If the casualty is conscious:

STEP C: Administer cool salt water to the casualty.

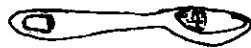
HOW?

Crush two salt tablets



OR

1/4 teaspoon salt



in a canteen of cool water. Shake to mix.



HOW OFTEN?

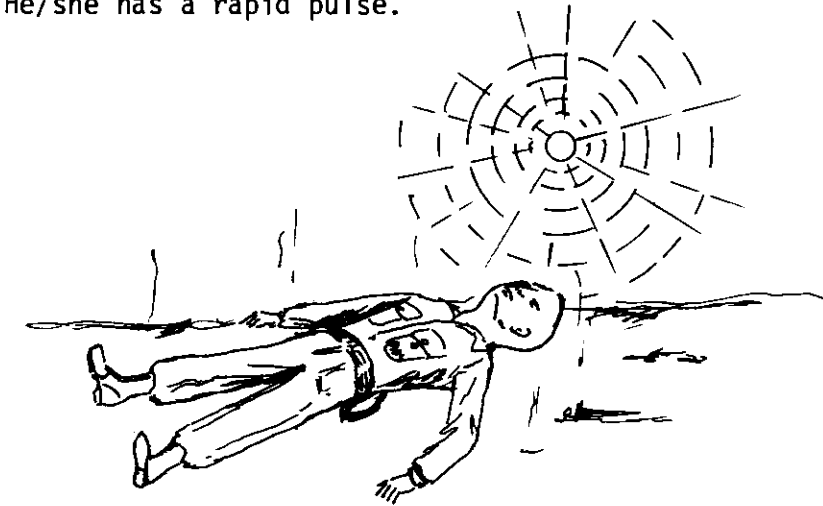
Casualty should drink 3-5 canteens in a period of 12 hours.

NOTE: THE WORDS UNDERLINED ABOVE PERTAINING TO THE PREPARATION OF SALT WATER AND HOW OFTEN IT SHOULD BE GIVEN MUST BE MEMORIZED.

PART II: FIRST AID FOR HEAT STROKE

STEP A: IDENTIFY HEAT STROKE by the following symptoms:

- Casualty is unconscious.
- Before becoming unconscious, the casualty has complained of headache, dizziness, and nausea; you observed that the casualty was vomiting and showed mental confusion.
- The casualty's skin feels hot and dry and appears flushed (red). He/she has a rapid pulse.



STEP B: Rapidly cool the casualty by:

- (1) Immersing the casualty in the coldest water available.

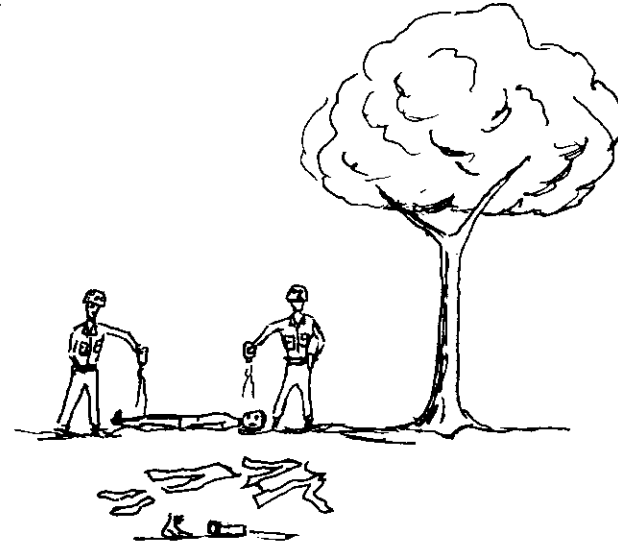


The water should come over the casualty's shoulders.

-OR-

- (2) (a) Getting the casualty into shade.
- (b) Removing the casualty's clothing.
- (c) Keep the casualty's body wet by pouring water over him/her.
- (d) Fanning the casualty.

NOTE: USE ICE IN THE WATER  
IF AVAILABLE.



If the casualty is conscious:

STEP C: Administer cool salt water to the casualty.

HOW?

Crush two salt tablets

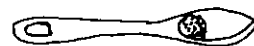


OR

in a canteen of cool  
water. Shake to mix.



1/4 teaspoon salt



HOW OFTEN?

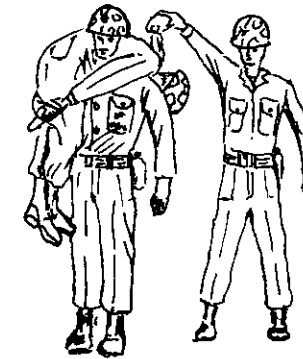
Casualty should drink 3-5 canteens in a period of 12 hours.

NOTE: THE WORDS UNDERLINED ABOVE PERTAINING TO THE PREPARATION OF SALT WATER AND HOW OFTEN IT SHOULD BE GIVEN MUST BE MEMORIZED.

STEP D: Move the casualty to aid station. Continue to cool the casualty along the way.

WHY?

Heat stroke is a medical emergency and must be treated by medical personnel.



### PART III: FIRST AID FOR HEAT CRAMPS

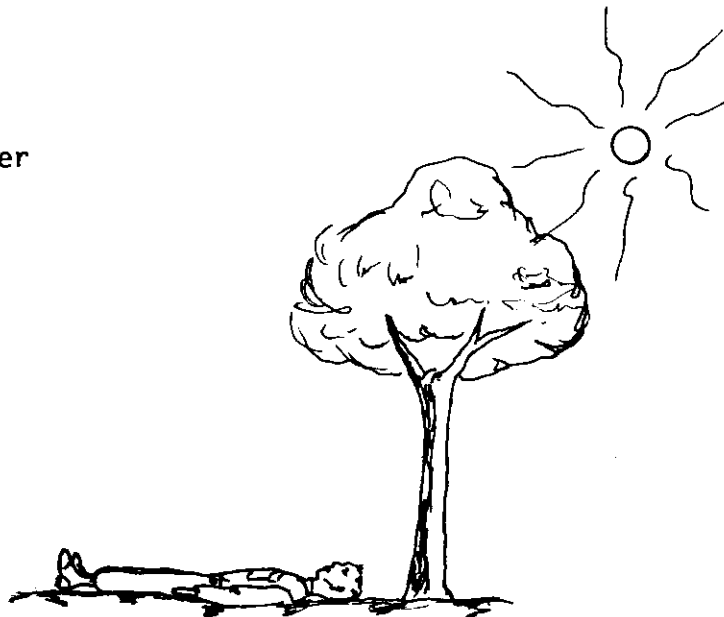
STEP A: IDENTIFY HEAT CRAMPS by the following symptoms:

- Casualty is conscious.
- The casualty is complaining of severe cramps in his/her legs, arms, and stomach.



STEP B: Move the casualty to a shaded area.

STEP C: Administer cool salt water to the casualty.



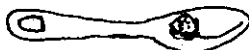
HOW?

Crush two salt tablets



OR

1/4 teaspoon salt



in a canteen of cool water.  
Shake to mix.



HOW OFTEN?

Casualty should drink 3-5 canteens in a period of 12 hours.

NOTE: THE WORDS UNDERLINED ABOVE PERTAINING TO THE PREPARATION OF SALT WATER AND HOW OFTEN IT SHOULD BE GIVEN MUST BE MEMORIZED.