

## Heat Stroke

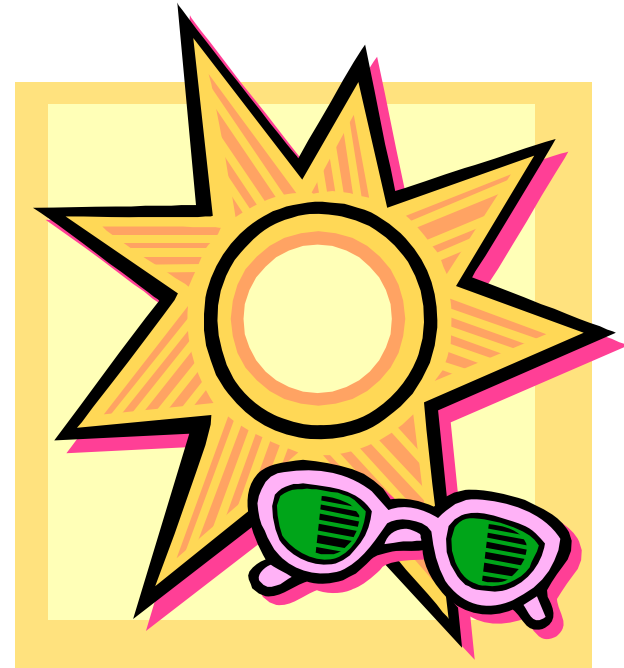
- A life threatening medical emergency that occurs when the body is overheating to the point where the victim loses the ability to sweat
- ◆ *Signs and Symptoms*
  - \* Headache, nausea and vomiting
  - \* Skin is hot and dry and red or flushed
  - \* High body temperature
  - \* Deep, rapid breathing
  - \* Full bounding pulse, which becomes weaker
  - \* Restlessness, anxiety, bizarre behavior
  - \* Twitching or convulsions
  - \* Loss of Consciousness
- ◆ *Care*
  - \* Activate EMS.
  - \* Monitor Airway, breathing, circulation.
  - \* Move victim to a cool place.
  - \* Lie victim down and elevate feet.
  - \* Cool victim down as quickly as possible (i.e.: place ice on them, sponge with cool water, give sips of cool water if conscious and not nauseated).



LIFESAVING SOCIETY®  
SOCIÉTÉ DE SAUVETAGE

*The Lifeguarding Experts*  
*Les experts en surveillance aquatique*

Lifesaving Society Manitoba Branch  
504-138 Portage Ave  
Winnipeg, Manitoba R3C 0A1  
Phone: 204-956-2124  
Fax: 204-944-8546  
E-mail: [aquatics@lifesaving.mb.ca](mailto:aquatics@lifesaving.mb.ca)



# SUN SAFETY

# Sun Safety Tips



## Sun Safety

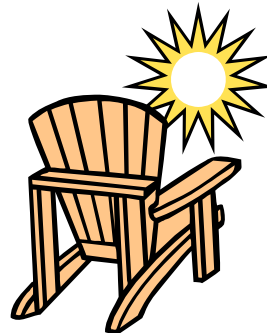
- Always wear sun screen with SPF 15 or higher (**S**un **P**ro-**P**rotection **F**actor).
- Pay attention to you ears, nose, and upper foot area.
- Reapply often, particularly after swimming or sweating.
- Wear a hat, sunglasses, T-shirt and shorts.
- Stay out of the sun between 10am and 4pm.
- Pay attention to the UV index.
- Pay attention to reflected light off the water.
- Remember that sun burns can happen on cloudy days, up to 80% of the suns harmful rays can penetrate clouds.
- If you are on medication, ask your doctor before going out in the sun.
- Spend less time in the sun, and more time in the shade.
- Replenish water lost through sweat and eat a small amount of salt.

## The UV Index

- Ultraviolet rays are measured on a scale of 0 to 10
- the higher the number on the UV index, the more UV you will get, and the faster you'll **sunburn**

UV INDEX	CATEGORY	SUN BURN TIME
Over 9	extreme	less than 15 minutes
7-9	high	about 20 minutes
4-7	moderate	about 30 Minutes
0-4	low	more than one hour

- **Ultraviolet rays cause sunburn and skin cancer**



## Heat cramps

- Severe cramps to legs and abdomen.
  - Result of inadequate replacement of body's salt, lost through sweat.
  - Victim has had enough water, but not enough salt
- ♦ *Treatment*
- Move victim to a cool spot
  - Give a glass of salt water to drink (5ml salt in 1 litre water)

## Heat exhaustion

- Results from strenuous activity in high temperatures which can cause loss of salt and water.
- ♦ *Signs and Symptoms*
- \* Dizziness
  - \* Tiredness
  - \* Weakness
  - \* Pale, cool, clammy skin
  - \* Sweating
  - Rapid breathing
- ♦ *Care*
- \* Move victim to a cool spot
  - \* Elevate feet
  - \* Give sips of cool water
  - \* Cool the victim