

## **Heatstroke**

It is considered a medical emergency that affects those exposed to sun rays for long periods of time while exerting physical effort. (eg. Firefighters in accident sites, construction labors, and workers in restaurants or bakeries exposed to direct oven heats).

It is the result of the body's inability to get rid of the heat due to the failure of the sweat secreting process. This is due to the collapse of the temperature regulating center in the brain and therefore the body temperature rises.

### **First Aid Procedures:**

1. Move the casualty away from the sun heat to the nearest coolest place with shade.
2. Reduction of the body temperature by all possible means such as:
  - Remove as much of the casualty's clothing as possible.
  - Wrap the casualty with a wet cold towel or cloth and spray cold water on them from time to time.
  - Apply ice packs on the neck, under the armpits and on the groin.
  - Give the casualty drinks that contain minerals to compensate the liquids that were lost from the body.