

# Heat Exhaustion & Stroke



<http://www.shoreridersponyclub.org/index.html>

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Situation:

It's 97 degrees at the eventing rally and your teammate is complaining of a headache, feels like he is going to throw up, feels dizzy with wobbly legs, and bites your head off when you ask his next ride time.

He may have heat \_\_\_\_\_ and it could develop into heat \_\_\_\_\_.

## What is Heat Stroke?

It means getting sick when your body takes \_\_\_\_\_ more HEAT than goes \_\_\_\_\_.

Heat comes IN from the \_\_\_\_\_, and \_\_\_\_\_, and strenuous work.

Heat goes OUT by blood taking it to the \_\_\_\_\_ and it is released into the air, and by \_\_\_\_\_.

When it is hot outside, the heat in your body doesn't get released as fast into the air, and the sweat doesn't evaporate as fast.

Your normal body temperature is \_\_\_\_\_.

When your body heats to \_\_\_\_\_ degrees, your system is maxed out, any higher and you could have serious problems.

## Symptoms of heat stroke:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

## What to do:

- 1) Your teammate needs \_\_\_\_\_ and to get cooled down NOW!
- 2) Stop all \_\_\_\_\_ and get into the shade or cool building.
- 3) Loosen \_\_\_\_\_ and remove non-essentials (gloves, hat, shoes, etc)
- 4) Get \_\_\_\_\_ into and onto him.
- 5) Rub ice on his \_\_\_\_\_ to cool him down quickly.

**If he is:** not feeling better quickly, seems confused, or if his **skin is hot and dry** then he may already have heat stroke and he needs medical attention immediately!

This is a **LIFE THREATENING** Emergency! Get help!

## How to avoid heat stroke:

- 1) Eat and drink properly the few days before competition
- 2) Drink \_\_\_\_\_ every 15 - 30 minutes. (not juice, soda, or Gatorade)
- 3) Take breaks in the shade every \_\_\_\_\_
- 4) Hose off both you and your \_\_\_\_\_
- 5) Do your riding in the \_\_\_\_\_ or \_\_\_\_\_
- 6) Dress smart - light, \_\_\_\_\_, and cover the skin. Don't forget to wear a hat (light colored with air holes)
- 7) Allergy medicines, Ritalin, and water pills make you more susceptible to problems with heat stroke. Be very careful in the heat while taking these medications.

## Your JOB:

- 1) Know \_\_\_\_\_ it could happen.
- 2) Know how to \_\_\_\_\_ it and be smart.
- 3) Know how to recognize the \_\_\_\_\_ in others.
- 4) Know what to \_\_\_\_\_ when you see it.

Remember Heat Stroke can kill,  
and it is always PREVENTABLE!