

Information on Hot Weather Related Conditions

Fainting

Fluid loss, inadequate water intake and standing still, resulting in decreased blood flow to brain.

Heat Cramps

Heavy sweating from strenuous physical activity that decreases body fluids. Weakness and painful cramps occur commonly in the most worked muscles (arms, legs or stomach).

Heat Exhaustion

The body cooling system begins to break down. It may result in excessive sweating, clammy skin, body temperature over 38°C, a weak pulse, normal or low blood pressure, a person being tired and weak, nausea and vomiting, being very thirsty, panting or breathing rapidly, and blurred vision.

Heat Rash

A heat rash is a red bumpy rash with severe itching.

Heat Stroke

High body temperature (over 40°C) with any of the following symptoms:

- Weak, confused, upset or acting strangely
- Profusely sweating
- Fast pulse
- Headache or dizziness
- Fainting or convulsions