

LOS ANGELES UNIFIED SCHOOL DISTRICT
Student Health and Human Services

BULLETIN NO. BUL-963

ATTACHMENT A

HEAT STRESS SIGNS, SYMPTOMS, AND FIRST AID

PHYS.DISORDER	SIGNS AND SYMPTOMS	FIRST AID
Early Heat Stress	<ul style="list-style-type: none"> • Fatigue • Lethargy • Decreased productivity • Normal body temperature • Sweating • Pallor • Headache • Nausea • Nosebleeds • Heat Rash 	<ul style="list-style-type: none"> • Send person to a cool place • Have person sit or lie down and rest • Supervising adult should be able to observe person frequently or assign someone to monitor or assist • Give generous amounts of cool water • Giving salt is usually not necessary • Loosen or remove excess clothing • Sponge down or immerse the person in cool or cold water • Check temperature periodically • Watch for cessation of sweating • Notify parent or guardian as needed • Recommend medical care if needed
Heat Cramps	<ul style="list-style-type: none"> • Painful spasms of abdominal wall and heavily used skeletal muscles 	<ul style="list-style-type: none"> • Treat as above • Commercially available replacement fluids for athletes may be used if on hand • Having person stretch (not massage) muscles may help • Notify parent or guardian if needed
Heat Exhaustion	<ul style="list-style-type: none"> • Normal/slightly elevated body temperature • Sweating/moist, clammy skin • Extreme weakness • Nausea/vomiting • Fainting • Dizziness • Headache 	<ul style="list-style-type: none"> • Obtain medical care at once • If possible, remove person to a cool location or protect from exposure to direct heat • Have person lie down with head low • Give water if conscious and able to swallow • Watch for progression to heat stroke • Paramedic may need to be called (911) • Notify parents or guardian
Heat Stroke	<ul style="list-style-type: none"> • Elevated body temperature (over 103 °) • No sweating • Hot, dry, red skin • Vomiting/diarrhea • Mental confusion • Convulsions • Loss of consciousness 	<ul style="list-style-type: none"> • CALL 911 IMMEDIATELY • If possible, remove person to cool place or protect from direct heat • Cool body with cool water, fanning, and other means • Notify parent or guardian