

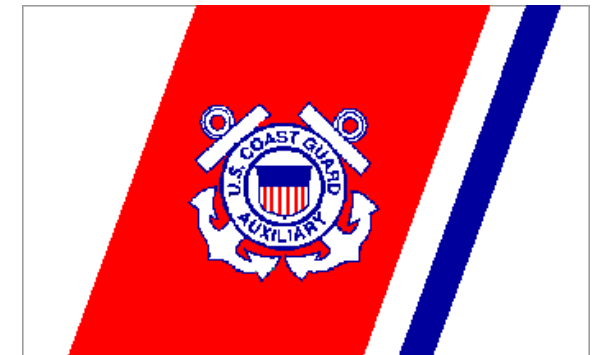


First Aid and Survival

Sun and Heat Related Factors

HEAT STRESS INJURIES

<h4>HEAT RASH</h4> <ul style="list-style-type: none">• Red raised rash• Impairs sweating and decreases effectiveness of sweating	<h4>HEAT CRAMPS</h4> <ul style="list-style-type: none">• Muscle cramps, pain or spasms in the abdomen, arms or legs
<h4>HEAT EXHAUSTION</h4> <ul style="list-style-type: none">• Moist, clammy skin• Dilated pupils• Normal or subnormal temperature• Dizziness, confusion and/or nausea• Weak pulse• Rapid breathing	<h4>HEAT STROKE</h4> <ul style="list-style-type: none">• Dry, red, hot skin• Pupils constricted• Very high body temperature• Dizziness, confusion and/or nausea• Pulse rapid• Unconsciousness• Coma• Death



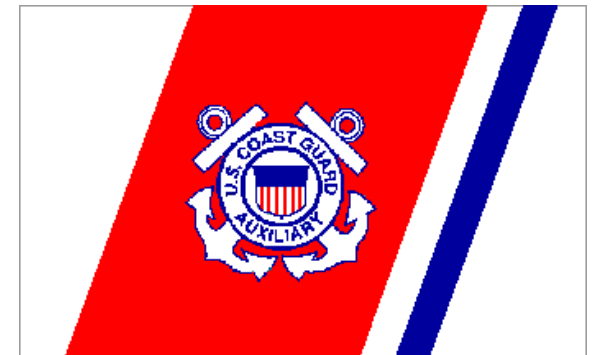


First Aid and Survival

Crew First Aid Responsibility

State policy for rendering first aid, including CPR, by an Auxiliary member.

- Auxiliary member may only provide first aid that they are trained to give and which is within the scope of their assigned duties
- Auxiliary member on an authorized patrol who is not CPR qualified must not perform CPR but an Auxiliary member who is CPR qualified may perform CPR.





Sun and Heat Related Factors

1. Describe symptoms, preventative measures, and treatment for sun burn.

Symptoms:

1. Redness, swelling, blistering of skin
2. Fever, stomach ache, pigment changes in skin

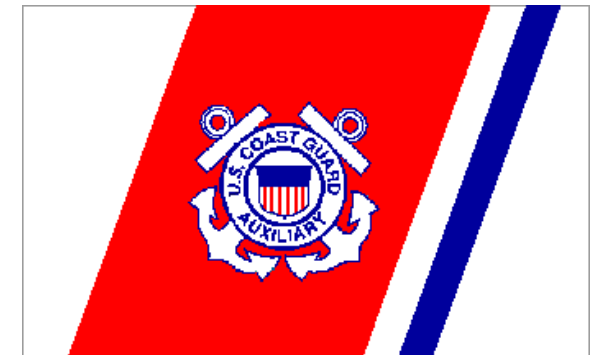
Preventative Measures:

1. Avoid direct sun
2. Proper dress (hat, sun glasses)
3. Wear sunscreen lotion (SPF > 15)

Treatment:

1. Cool skin (pool / wet towels)
2. Moist skin (lotion)

Reference: Seamanship Manual 3-14





Sun and Heat Related Factors

2. **Define dehydration.** Describe symptoms, preventative measures, and treatment.

Definition: Excessive loss of body fluids / electrolytes.

Symptoms:

1. Thirst
2. Dry mouth
3. Head ache
4. Difficult breathing
5. Muscle cramps

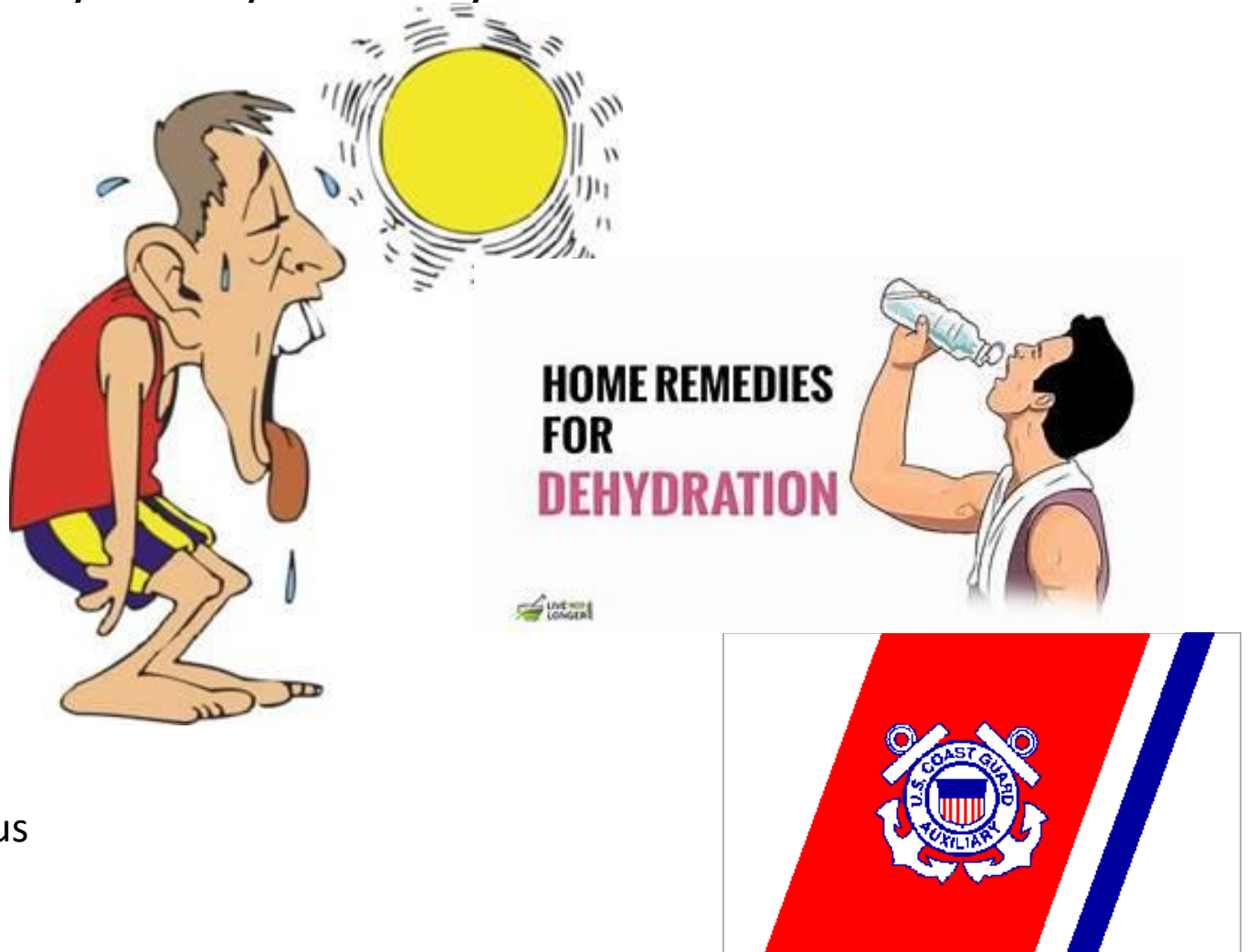
Preventative Measures:

1. Drink water throughout the day
2. Rotate direct sun duties

Treatment:

1. Remove from heat / sun
2. Get medical attention
3. Do not give fluids while semi conscious

Reference: Seamanship Manual 3-15





Sun and Heat Related Factors

3. Define heat rash. Describe causes, symptoms, preventative measures, and treatment.

Definition: Skin irritation due to its inability to dissipate heat.

Causes:

1. inability to perspire
2. lack of evaporative cooling of skin

Symptoms:

1. small red lesions
2. pricking / irritated skin
3. itching skin

Preventative Measures: Rotate heat duties

Treatment:

1. remove from heat exposure
2. apply cool wet towels

Reference: *Seamanship Manual 3-16*





Sun and Heat Related Factors

4. Define heat cramps. Describe causes, preventive measures, and treatment.

Definition: Painful muscle contractions caused by excessive salt and water depletion.

Causes: Excessive salt and water depletion

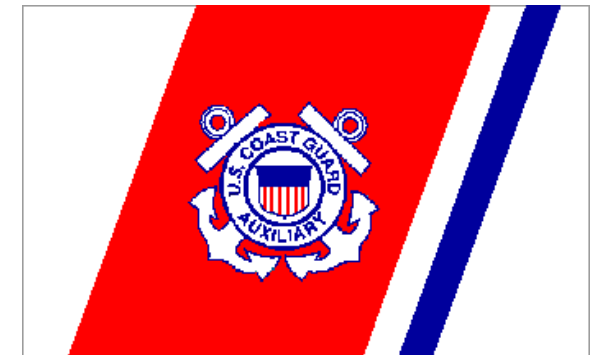
Preventive Measures:

1. Drink fluids
2. rotate heat duties

Treatment:

1. Remove from heat exposure
2. Lie down
3. Drink fluids
4. Do not massage

Reference: *Seamanship Manual 3-16*





Sun and Heat Related Factors

5. Define heat exhaustion. Describe causes, symptoms, preventive measures, and treatment.

Definition: Loss of too much water through perspiration

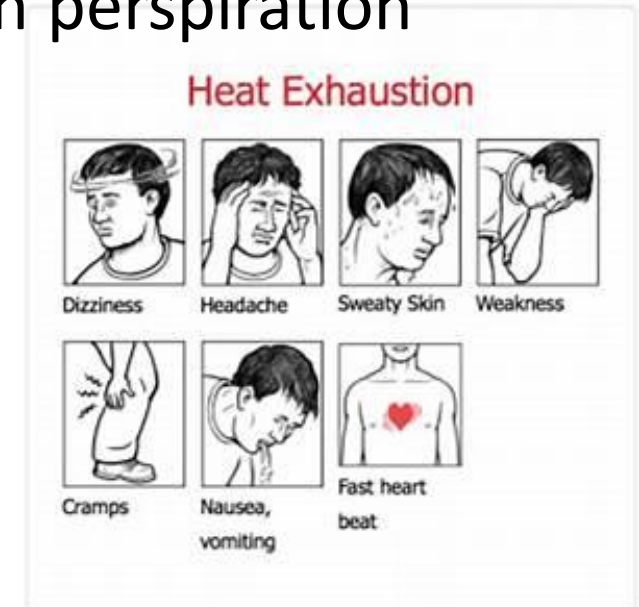
Causes: Heat exposure, lack of water.

Preventive Measures:

1. Drink water
2. Rotate direct sun duties

Treatment:

1. Remove from heat
2. Get medical treatment





Sun and Heat Related Factors

6. Define heat stroke. Describe causes, symptoms, preventive measures, and treatment.

Definition: The most serious heat disorder. Complete breakdown of the body's sweating and heat regulatory functions.

Causes: Working in direct sun or hot environment

Symptoms:

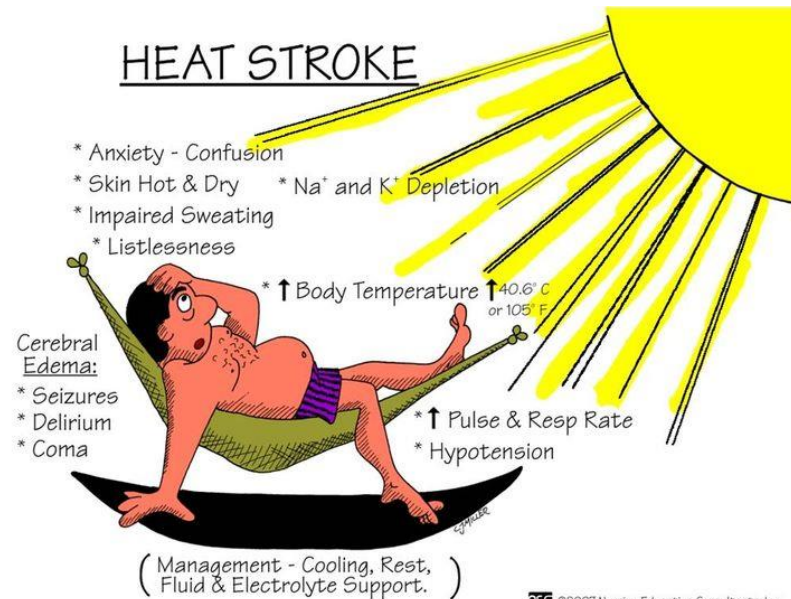
1. Body temp above 105 degrees F
2. Red / hot skin
3. Weak and rapid pulse
4. Lack of coordination or unconsciousness

Preventive Measures:

1. Drink water
2. Rotate heat related duties

Treatment:

1. Treat as medical emergency
2. Remove from heat
3. Get immediate medical treatment



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