



First Aid
Reference
Centre



GLOBAL FIRST AID REFERENCE CENTRE

First aid and heatwaves

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WHO WE ARE.



Centre of excellence

of the International Federation of Red Cross and Red Crescent Societies hosted by the French Red Cross

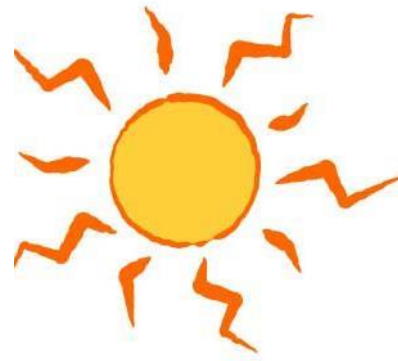


Collaborates with 192

Red Cross Red Crescent (RC RC) National Societies as well as scientific, institutional and private partners

Hyperthermia

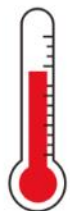
Hyperthermia is a condition in which the body reaches abnormally high temperatures because it cannot regulate its internal temperature. It is caused when the body produces or absorbs too much heat or both. Hyperthermia can be mild (heat exhaustion) or severe (heatstroke). A person can experience hyperthermia through intense physical activity or from being in a very hot environment. Children and the elderly are most at risk. If left untreated, heatstroke can lead to a Seizure or a coma, and be life-threatening.



-Heat exhaustion

- Heatstroke

Heat exhaustion



Heat exhaustion warning signs:

Excessive sweating

A normal or low temperature

Cool, pale, clammy skin

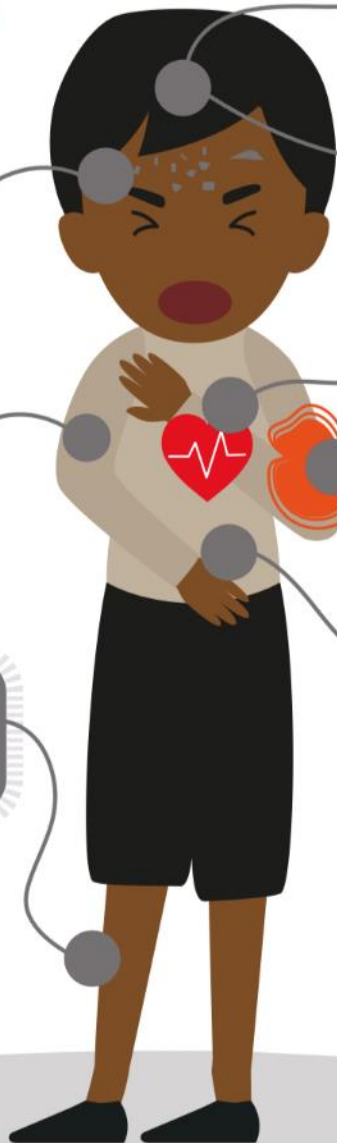
Fainting or dizziness

Headache

Rapid, weak pulse

Muscle cramps

Possible nausea or vomiting

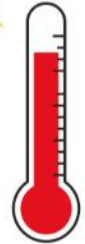


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Act quickly!



Heatstroke



Heatstroke warning signs:

Heatstroke is life threatening – call for emergency medical help immediately!

Reddish, hot and dry skin (not sweating)

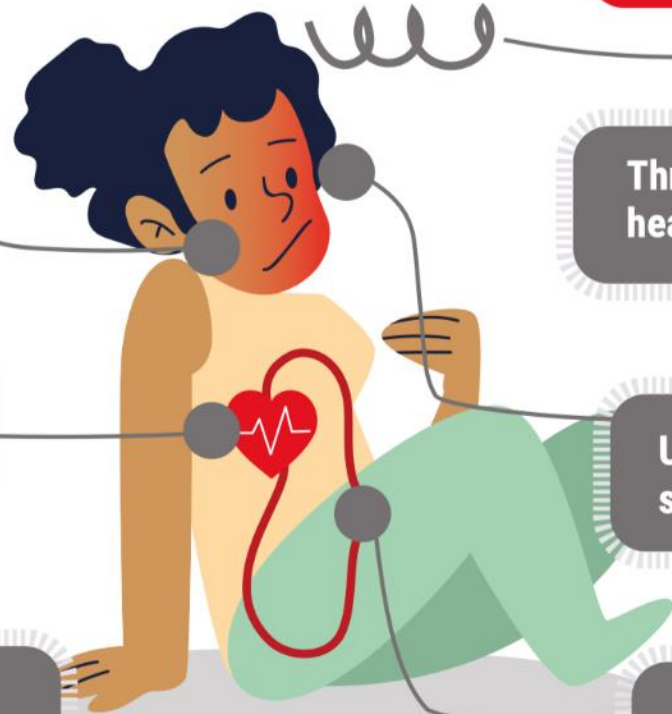
Throbbing headache

Rapid pulse

Unusual behavior or signs of confusion

Possible loss of consciousness

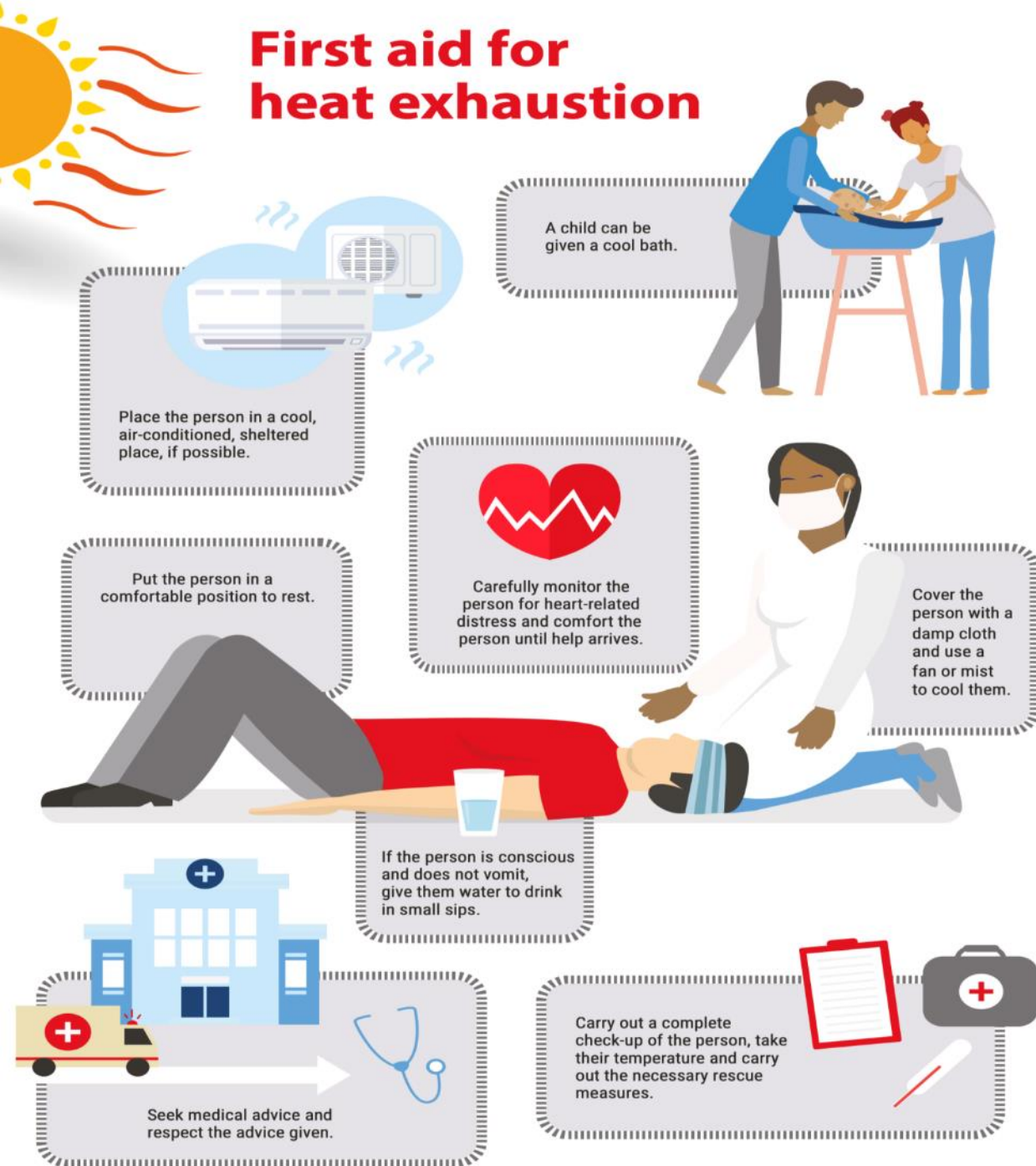
High body temperature



EMERGENCY

What to do?

First aid for heat exhaustion



WHAT TO DO in case of heat exhaustion

- Place the person in a cool air-conditioned place, in a comfortable position
- Cover the person with damp cloth and use fan
- Give a cool bath if it is possible
- Provide water if the person is conscious
- Carry out a complete check-up including temperature
- Seek medical advice if the person does not get better quickly

First aid for heatstroke

Call the emergency phone number for an ambulance immediately.



Immediately carry out active cooling measures. Immerse the whole body (neck down) in water of 1-26°C (33.8-78.8°F) until the person's core temperature is less than 39°C (102.2°F). If water immersion is not possible, use the following active cooling techniques:

Move the person to a cool place with circulating air.

Cool the person by splashing room temperature water on their skin or sponging their skin with a damp cloth.

Make a wind tunnel by suspending sheets around, not on, the person's body. Use a fan to direct gentle airflow over the person's body.



Shivering is an automatic muscular reaction which warms the body. It will make the body temperature rise even further. If the person starts shivering, stop cooling immediately and cover them until they stop. Once they have stopped, restart first aid treatment.

Apply cold packs or wrapped ice to the person's neck, groin and armpits. These are locations where major blood vessels are close to the skin, making it the fastest way to transport cooler blood throughout the body.

Provide an electrolyte solution. This can be made by adding a pinch of salt and a pinch of sugar to a glass of water. Do not attempt to give oral fluid if the person is not fully conscious.

Remove unnecessary clothing. Loosen tight clothing.

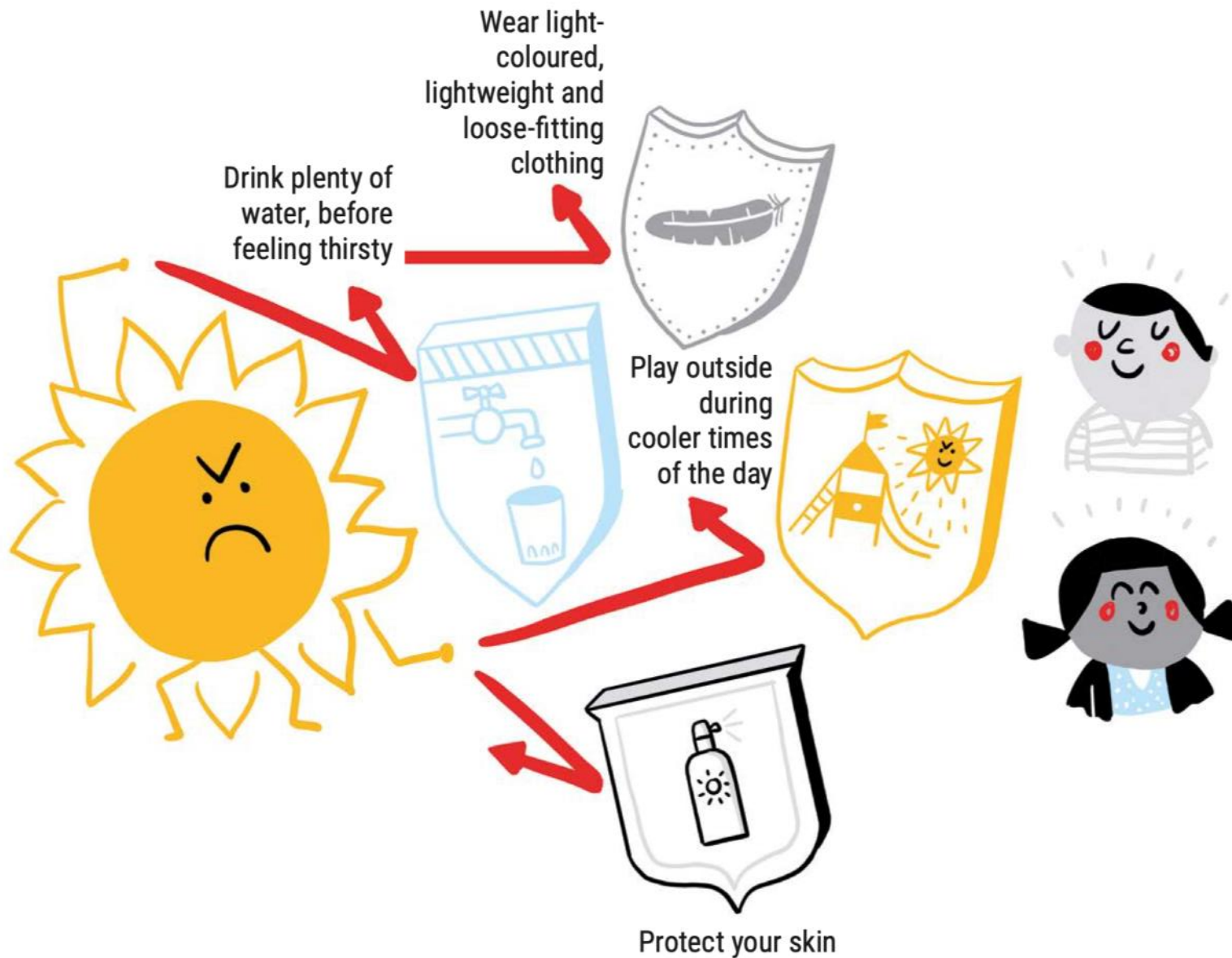


If the person is fully conscious sit them up to facilitate drinking and provide cool – not cold – fluid to drink.

WHAT TO DO in case of heatstroke

- It is an **EMERGENCY** : call immediately EMS
- Make an active cooling:
 - Immerse the whole body (neck down) in water <26° C
 - Cool the person by splashing room asap
 - Make a wind tunnel suspending sheets around the person's body
 - Apply cold pack or wrapped ice to the person's neck, groin and armpits

Prevention



Prevention

Online information and sources



**INTERNATIONAL FIRST AID,
RESUSCITATION, AND EDUCATION
GUIDELINES 2020**

[#climate centre.org](https://climate-centre.org/)
[# GFARC youtube channel](#)
[#city heatwave guide](#)
[#First aid guidelines](#)
[#First aid and climate change game](#)

First.aid@ifrc.org

Collaborative heat research:



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Objectives:

1. Contribute to a global baseline of heatwave impacts that are trackable over time
2. Define locally applicable thresholds of when extreme heat becomes dangerous
3. Understand the people-centered implications of heatwaves
4. Define and assess actions to prevent the human consequences of heatwaves
5. Explore shelter and infrastructure considerations to mitigate heat risk



Contact us and follow us



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**Do you know first aid?
Because I've fallen
for you!**

