RISK FACTORS

It doesn't have to be hot to suffer heat illness.

It can arise in cooler climates as a result of strenuous activity. carrying heavy kit or wearing protective clothing. There are many factors that can increase a person's risk of heat illness.

Lifestyle factors

Individual drive and determination

Low or reduced physical fitness

Being overweight or obese

Smoking

Alcohol within the past 24 hours

Excessive motivation (for example, in pass or fail tests)

Use of sport supplements

Use of illicit drugs

Health factors

Previous heat illness

Previous poor performance in a fitness test

Previous collapse from physical exertion

Risk of exertional collapse due to sickle cell trait (ECAST)

Asthma

Recent or current illness (for example, a cold, fever or diarrhoea)

Medication (prescription or over the counter)

Recent vaccinations (for example, for COVID-19 vaccinations, personnel are recommended to keep to light duties for 72 hours if they experience any adverse symptoms)

Sunburn

Dehydration

Work factors

Inexperienced personnel

Not acclimatised

Long-term fatigue

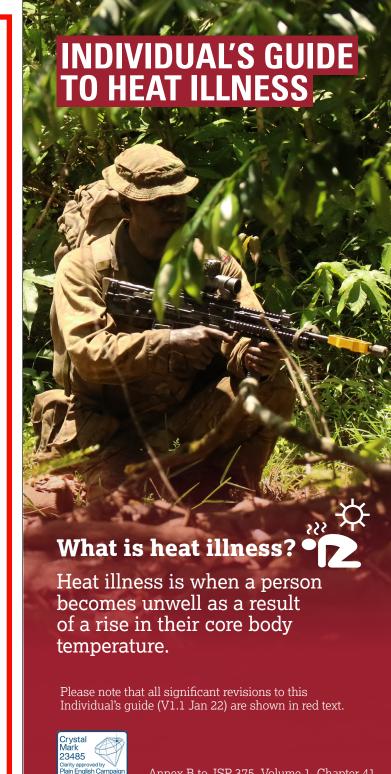
Lack of sleep

Air travel within the past 24 hours

Poor nutrition or diet, or a missed meal in the previous 24 hours

or line manager of any physical or medical condition

(tor example, a known heart



RECOGNISE IT (signs and symptoms)



TREAT IT (basic first aid and treatment)



TREAT IT (basic first aid and treatment)





Disturbed

vision





Nausea or vomiting

Confusion

PREVENT IT (don't let it happen)

Staggering or loss of co-ordination

Collapse

or loss of

consciousness

Cramps

Dizziness







Immediately pause your activity and seek medical help. The commander will pause the activity for everybody else unless the chain of command has previously given authorisation for the activity to continue if there is a suspected case of heat illness.

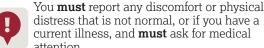
1 Case = more at risk.

ACT QUICKLY...COOL NOW

THIS IS A MEDICAL EMERGENCY



While exercising, some fatigue and muscle be reported.





If you have concerns about anybody else,







discomfort is normal and does not need to



distress that is not normal, or if you have a current illness, and **must** ask for medical attention.



you **must** report it.



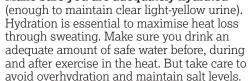


and nutrition.

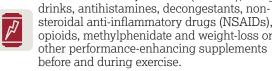
Make sure you are adequately hydrated

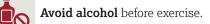
Prepare correctly before an activity. This

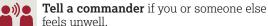
includes having the right level of fitness, sleep

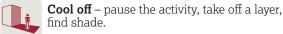
















Treatment

If heat illness is suspected, you should treat the casualty as follows.



Move the casualty to the shade and start to cool them down.



Strip off heavy clothing and boots, raise their feet if they are conscious.



Spray or drizzle water over the remaining light clothing.



Fan air over the casualty.



If the casualty is conscious, get them to drink cool water. If unconscious, carry out CABC (Catastrophic haemorrhage, Airway, Breathing and Circulation) checks.



Alert the commander or line manager, if they are not already aware, and alert medical cover.



Consider evacuation – moderate and severe cases must be safely evacuated for professional medical care.

In mild cases, the affected individual must rest for at least 30 minutes. After 30 minutes, if the individual is fully recovered and the task is operationally essential, consider allowing them to continue under close supervision rather than arranging an evacuation.

For more information on heat illness see Annex A (Commander's guide to preventing heat illness) in JSP 375, Volume 1, Chapter 41.

