



SPARKS RC Club Member Handbook

Recognizing Heat Exhaustion and Heat Stroke

SMH – 012

Our summer heat can be oppressive; it's Houston after all. It's easy to get so involved with our flying that we don't realize we, or others, are becoming seriously ill. To help you be prepared, it is crucial for you to be able to recognize the signs of heat exhaustion and heat stroke. Here's how you can identify each:

Heat Exhaustion

Symptoms	What to Do
<ul style="list-style-type: none">• Heavy sweating• Weakness or fatigue• Dizziness or lightheadedness• Headache• Nausea or vomiting• Muscle cramps• Rapid, weak pulse• Cool, moist skin with goosebumps in the heat• Dark urine (a sign of dehydration)	<ol style="list-style-type: none">1. Move to a cooler place.2. Drink water or a sports drink.3. Take a cool shower or use cold compresses.4. Loosen clothing.5. Rest.

Heat Stroke

Symptoms	What to Do
<ul style="list-style-type: none">• High body temperature (104°F or higher)• Hot, red, dry, or damp skin• Rapid, strong pulse• Throbbing headache• Dizziness• Nausea• Confusion• Loss of consciousness• Seizures	<ol style="list-style-type: none">1. Call emergency services immediately.2. Move the person to a cooler environment.3. Use cool cloths, a cool bath, or a garden hose to lower body temperature.4. Do not give the person anything to drink!

Key Differences

- **Heat Exhaustion** involves heavy sweating and cool, moist skin, while **Heat Stroke** typically involves hot, dry, or damp skin.



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- **Heat Exhaustion** can usually be treated by moving to a cooler place and hydrating, while **Heat Stroke** is a medical emergency requiring immediate attention.

Recognizing these signs early can help prevent serious health issues. 🚑



“Don’t forget to use the sunblock, Roger. You know how easily you burn.”

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