Safety Alert -Avoiding and treating Heat Exhaustion

Heat exhaustion is best avoided by not rowing when the weather is hot. Check the weather forecast and, on a hot day, row early in the morning before the temperature increases. Stay well hydrated and carry drinking water.

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

The signs of heat exhaustion include:

- a headache
- dizziness and confusion
- fast breathing or pulse
- being very thirsty
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs and stomach
- a high temperature of 38°C or above

If someone is showing signs of heat exhaustion, they need to be cooled down. Things you can do to cool someone down include:-

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are OK.
4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good, too.

Stay with them until they're better. They should start to cool down and feel better within 30 minutes. Call **999** if anyone has:-

- fast breathing or shortness of breath
- a fit (seizure)
- loss of consciousness
- not responsive

Heatstroke can be very serious if not treated quickly. Put the person in the recovery position if they lose consciousness while you're waiting for help. There is further advice in Section 8.2 of RowSafe and on the NHS website here and from the QR Code opposite. There is additional information on the protection of the skin in sunny conditions in the Safety Alert – How to stay safe when rowing in the sun.

Take care of yourself and your friends - do the simple things to stay safe.

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