



## **Heat Exhaustion / Heat Stroke**

If your body temperature gets too high, you get sick. How sick you get depends on the temperature, how active you are, and how well your body copes with the heat.

**Heat Exhaustion** can strike anyone who is physically active in a hot environment. It occurs when the body loses more water than it takes in. The symptoms include sweating, dizziness, cramps, fatigue, weakness, nausea, and cold, pale, clammy skin.

Should these symptoms develop, get to a cool area immediately – in the shade, in front of a fan, or in an air-conditioned room.

The victim should lie down, elevate the feet, and loosen their clothing. Drinking plenty of fluids and applying cool compresses can also help. If symptoms persist, seek medical attention.

**Heatstroke** is more dangerous. The body temperature can go so high that victims can lose consciousness. Continued exposure can strain the circulatory system, possibly resulting in stroke or heart failure. Those who already have heart or circulatory problems are at an even greater risk.

The symptoms of heatstroke include raised body temperature, rapid pulse, unconsciousness and dry, red skin that is hot to the touch.

Get medical attention immediately. In the meantime, get the victim to a cool area and do whatever you can to lower the body temperature. Use cool compresses or run a hose on the victim – heatstroke can be life-threatening.

## **Ways to Avoid Heat Exhaustion**

**Replace fluids.** A lot of fluid is lost through sweating and needs to be replaced. Water is the best drink. Beverages containing alcohol or caffeine are the worst.

**Dress properly.** The best type of clothing for hot conditions is light-weight and loose-wear a hat.

**Eat right.** Maintain a well balanced diet and avoid big, hot meals.

**Watch out for salt.** A lot of people are believers in salt tablets, thinking they need to replace the salt lost through perspiration. This can be dangerous, as too much salt can induce high blood pressure. Never take salt tablets without consulting a physician.

**Always use a sunscreen.** Sunscreen with a sun protection factor (SPF) of at least 15 should be used. Remember that even on dark days, 80 percent of ultraviolet rays pass through the clouds.

## **Ways to Avoid Blistered Feet**

**Extra Socks.** Carry an extra pair of socks to change into about half-way through the round of golf in order to keep your feet dry. This will avoid blisters and rashes or allergic reactions to the ground fertilizers and chemicals.