

Definition

Exertional heat illnesses refer to increased body heat production, caused from contracting muscles and exacerbated by climate or other factors. Typically, exertional heat illnesses are classified into: Exercise Induced Cramps, Heat Syncope, Heat Exhaustion, or Heat Stroke.

Common Signs/Symptoms

Thirst/ Dehydration	Fatigue
Sweating	Muscle cramping
Lightheadedness	Dizziness



What to do

- Move into shade
- Replenish electrolytes
- Hydrate
- Remove clothing

Emergent Signs/Symptoms

Rectal temp 104°F+	Confusion
Behavior changes	Irritability
Vomiting	Seizure
Hyperventilation	Weakness
Diarrhea	Aggressiveness
Fainting	Emotional changes



What to do

- Seek medical attention (911)
- Get into an ice tub to cool down
- If no ice tub, then apply multiple ice bags all over the body

Notes

- Rectal core temp is needed
- Life threatening if rectal temp is 104°F+

Prevention

- Hydrate.
- Take breaks in the shade.
- Take extra breaks for the first 2-3 weeks of the season.
 - If you are sick, do not exercise in the heat.
- Avoid outdoor physical activity during the hottest parts of the day.
 - Take time to acclimatize to hot/humid environments.
 - Know your emergency action plan

More information at:

Casa DJ, DeMartini JK, Bergeron MF, et al. National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses. *Athl Train*. 2015;50(9):986–1000.