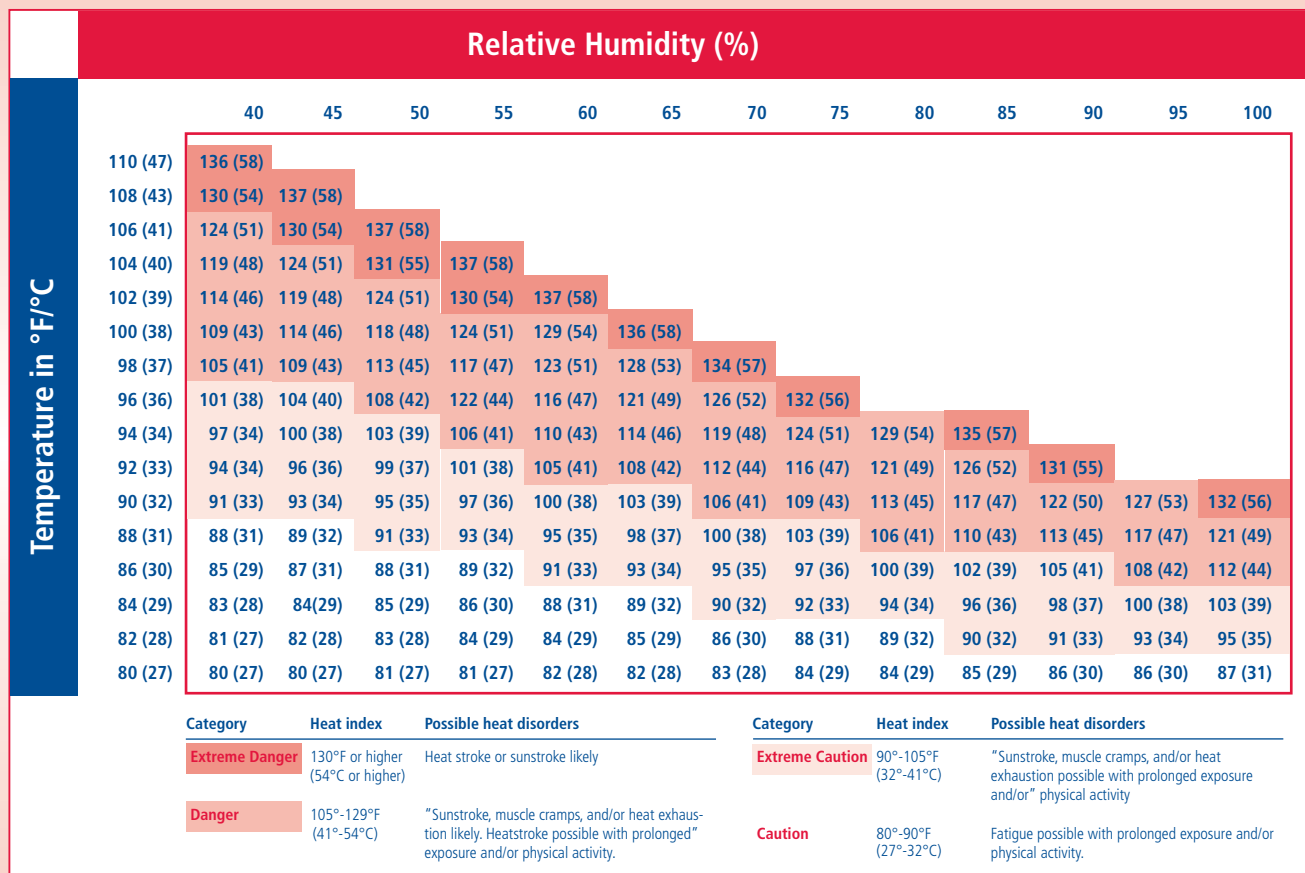


Heat-related Illness

2001 • Revised 2008

Figure 2. Heat Index Chart



* Reproduced from NWS, 2008

RECOGNITION:

The early warning signs of heat-related illnesses include:

- ⊙ Exhaustion
- ⊙ Headache
- ⊙ Muscle cramping
- ⊙ Dizziness
- ⊙ Nausea
- ⊙ Thirst
- ⊙ Decreased athletic performance

Other general symptoms include feeling hot or cold, incoherence, visual disturbances, vomiting, stomach cramps, and heart palpitations. Predisposition to heat-related illness should be recognized before it occurs, by making coaches, administrators, officials and athletes aware of individuals at-risk for heat-related pathologies.