

LSU University Safety Manual
Section VIII, Part F – Training-Heat Related Disorders

- v. Cool body by any means available—cold water, chemical cooling ice packs, ice rubbed vigorously over body
 - vi. Do not give stimulants
 - vii. Give cold drinks if patient can cooperate
 - viii. Transport victim immediately to nearest medical facility
- c. Causes:
- i. High air temperature
 - ii. High humidity
 - iii. Low air movement
 - iv. Hard work
 - v. Not enough breaks
 - vi. Insufficient fluid intake
 - vii. Full body clothing
 - viii. Not acclimatized