

<b>HEAT EXHAUSTION/HEAT CRAMPS</b>		
<b>STEP</b>	<b>ACTION</b>	<b>✓</b>
<b>1</b>	<b>Look for moist pale, clammy wet skin, muscle cramps, sweating &amp; thirst, headache &amp; dizziness, faintness, weakness &amp; nausea</b>	
<b>2</b>	<b>Move patient to shade, loosen clothing. If patient conscious, medical personnel give salt water slowly over next 12 hours. Watch for continued symptoms</b>	
<b>3</b>	<b>Seek medical aid if unconscious</b>	
<b>Notes:</b>		