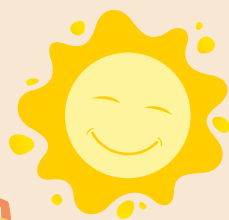


# MANAGING HEAT STRESS



## Before activity



### Ensure aerobic fitness.

A healthy cardiovascular system enhances heat regulation.



### Plan your pace.

Reduce your pace to avoid heating.



### Stay cool.

Lower body temperature before activity and stay under shade with fans.



### Wear loose-fitting & light-coloured clothes.



### Plan for rest breaks.



### Be well-hydrated.

## Mild symptoms



### Reduce pace

Stop the activity.



### Rest in the shade

Rest in a cool shaded area with ventilation.



### Remove clothing

Loosen or remove excess clothing.



### Reinforce cooling

Enhance cooling using fans, cold packs, cold towels, or cold water ingestion.

The presentation & severity of symptoms may vary between individuals.

## Severe symptoms



### Rapid temperature reduction

Cool immediately with the use of ice packs, wet towels, cool water or a cooling blanket. Douse with cold water if possible.



### Rush to hospital

Call 995 and maintain cooling en route.

# MANAGING HEAT STRESSES



## Are you at risk for Exertional Heat Stroke (EHS)?

### Are you physically ready for training and competition?

Athletes need to match their exercise intensity with their fitness level. Novice athletes with poor physical fitness tend to outpace themselves during competition. An overload in exercise intensity is a key factor contributing to EHS.

### Have you acclimatised to the climate?

In Singapore's context, it is important for visiting athletes to have adequate acclimatisation to the heat and local climate.

### Have you been ill recently?

Heat stroke risk can be increased by disturbances to the immune system e.g. from a recent bout of illness or sub-clinical infection.

### Are you taking any medications?

Some prescriptions and over the counter medications may impair the body's ability to thermoregulate effectively during exercise in the heat. Athletes on medication for chronic conditions should consult a physician on the associated risks before undertaking strenuous physical activity.

### Do you tend to push your body too hard?

An athlete's high level of motivation is one of the most consistent hallmarks of exertional heat stroke. Signals which urge the body to slow down are blocked out when athletes knowingly push the limits to reach the highest levels of performance.

### The very young and the elderly.

It is well established that classical heat stroke typically affects the very young and the very old.

