

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Intro to Sports Medicine

Block: \_\_\_\_\_

Unit 6 Notes	Environmental Emergencies
Questions/Main Ideas	Notetaking Column
1. How are heat related illnesses caused?	Caused by overexposure & dehydration
2. What are signs of heat exhaustion?	<ul style="list-style-type: none"><li>• Cool, moist pale, ashen (gray) or flushed skin.</li><li>• Headache..</li><li>• Nausea.</li><li>• Dizziness.</li><li>• Weakness.</li><li>• Exhaustion.</li></ul>
3. What are signs of heat stroke?	<ul style="list-style-type: none"><li>• Extremely high body temperature.</li><li>• Red skin that can be either dry or moist.</li><li>• Changes in consciousness.</li><li>• Vomiting.</li><li>• Rapid, weak pulse.</li><li>• Rapid, shallow breathing.</li><li>• Confusion.</li><li>• Seizures.</li></ul>
4. How do you care for heat related illnesses?	<ul style="list-style-type: none"><li>• Move the person to a cooler environment.</li><li>• Loosen or remove as much clothing as possible.</li><li>• Apply cool, wet cloths and take care to remoisten them periodically.</li><li>• Spray the person with water.</li><li>• Fan the person.</li><li>• If the person is conscious and able to swallow, give small amounts of a cool fluid such as an electrolyte-containing commercial sports drink or fruit juice. Milk or water may also be given. Give about 4 ounces every 15 minutes.</li><li>• Let the person rest in a comfortable position and watch carefully for changes in condition.</li><li>• If the person's condition does not improve or if the person refuses fluids, has a change in consciousness or vomits, call 9-1-1 or the local emergency number.</li></ul>
5. What is frostbite?	Freezing of a body part that is exposed to the cold.

<p>6. What is hypothermia?</p> <p>7. How do you treat hypothermia?</p> <p>8. How do you treat frostbite?</p> <p>9. What is a poison?</p> <p>10. How do poisons enter the body?</p>	<p>The lowering of the body's core temperature to a point at which body function becomes impaired.</p> <ul style="list-style-type: none"> <li>• Call 9-1-1 or the local emergency number if you suspect severe hypothermia or the person's condition is worsening.</li> <li>• Gently move the person to a warm place.</li> <li>• Remove wet clothing and dry the person.</li> <li>• Warm the body gradually by wrapping the person in blankets and plastic sheeting to hold in body heat. Also, keep the head covered to further retain body heat.</li> <li>• If you are far from medical care, position the person near a heat source or apply heat pads or other heat sources—such as containers filled with warm water—to the body.</li> <li>• If the person is alert, give warm liquids that do not contain caffeine or alcohol.</li> </ul> <ul style="list-style-type: none"> <li>• Handle the affected area gently—never rub the affected area, which can cause damage to the tissue.</li> <li>• Do not attempt to re-warm the frostbitten area if there is a chance it could refreeze or if you are close to a medical facility.</li> <li>• For minor frostbite, rapidly re-warm the affected part using skin-to-skin contact such as with a warm hand.</li> <li>• To care for a more serious injury, gently soak the affected area in water not warmer than about 105° F. Keep the frostbitten part in the water until normal color returns and it feels warm (for 20–30 minutes).</li> <li>• Loosely bandage the area with a dry, sterile dressing.</li> <li>• If fingers or toes are frostbitten, place cotton or gauze between them.</li> <li>• Do not break any blisters.</li> <li>• Take steps to prevent hypothermia.</li> <li>• Call 9-1-1 or the local emergency number or seek emergency medical help as soon as possible if frostbite appears to be severe.</li> </ul> <p>A poison is any substance that causes injury, illness or death if it enters the body.</p> <ul style="list-style-type: none"> <li>• Swallowed</li> <li>• Inhaled</li> <li>• Absorbed through the skin or eyes</li> <li>• Injected</li> </ul>
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<p>11. What are examples of poison that are found around your household?</p>	<ul style="list-style-type: none"> <li>• Cleaning and laundry products (detergent “pods” are particularly attractive to children)</li> <li>• Items commonly stored in garages and sheds, such as car maintenance products, bug and weed killers, fertilizers and paints</li> <li>• Medications and vitamins (when taken by the wrong person or in the wrong dose)</li> <li>• Plants (both houseplants and outdoor plants)</li> <li>• Gases, such as carbon monoxide and industrial gases</li> </ul>
<p>12. What are some signs/symptoms of poisoning?</p>	<ul style="list-style-type: none"> <li>• Gastrointestinal signs and symptoms, such as abdominal pain, nausea, vomiting or diarrhea.</li> <li>• Respiratory signs and symptoms, such as trouble breathing or breathing too fast or too slow.</li> <li>• Neurological signs and symptoms, such as changes in level of consciousness, seizures, headache, dizziness or weakness.</li> <li>• Skin signs and symptoms such as an abnormal skin color or sweating.</li> </ul>
<p>13. When checking the scene, what are some clues that would lead you to suspect a poisoning?</p>	<ul style="list-style-type: none"> <li>• Checking the scene and the person will often yield clues as to the cause of the person’s illness. Look for:</li> <li>• Open or spilled containers.</li> <li>• Unusual odors.</li> <li>• Burns around the person’s mouth or a strange odor on the person’s breath.</li> <li>• The presence of other people who are ill.</li> </ul>
<p>14. How do you care for a person that is suspected to be poisoned?</p>	<ol style="list-style-type: none"> <li>1. First, size up the scene and form an initial impression. <ol style="list-style-type: none"> <li>a. Remove the person from the source of the poison if you can do so without endangering yourself.</li> <li>b. Take note of any clues that might indicate what poisoned the person.</li> <li>c. Try to find out the type of poison, the amount taken, when it was taken and how much the person weighs.</li> </ol> </li> <li>2. If the person is showing signs and symptoms of a life-threatening condition (for example, unresponsiveness, trouble breathing) or if multiple people are affected, call 9-1-1 or the designated emergency number.</li> <li>3. If the person is responsive and alert, call the national Poison Help hotline at 1-800-222-1222 and follow the advice given. <ol style="list-style-type: none"> <li>a. Do not give the person anything to eat or drink unless you are told to do so.</li> <li>b. If you do not know what the poison was and</li> </ol> </li> </ol>