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JetStream - An Online School for Weather

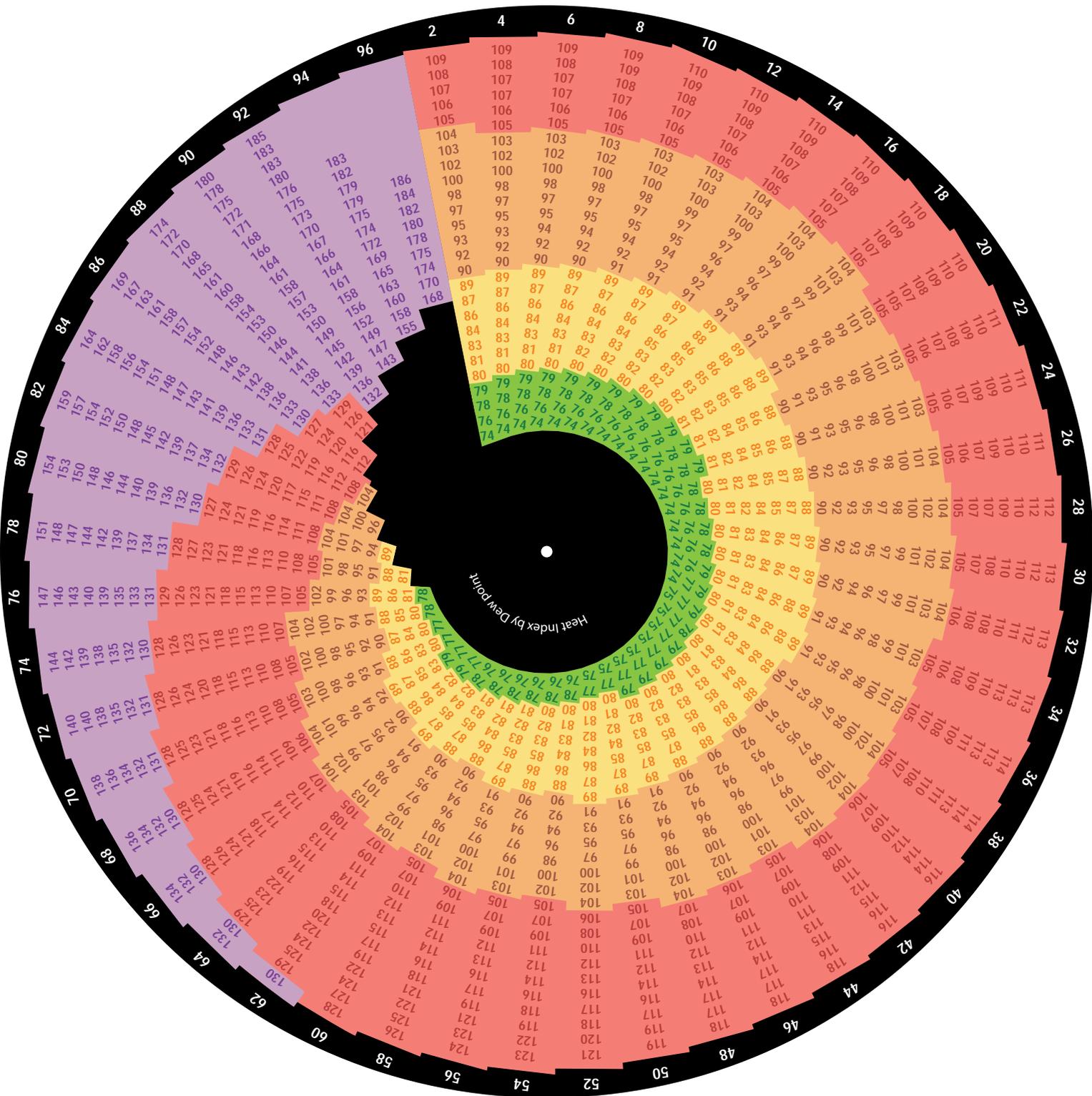
Instructions

1. Turn the wheel to the current **dewpoint** (or round up to nearest even value).
2. Read the Heat Index value opposite the air temperature. (Note: Air temperature values are displayed every 2°F.)
3. Remember, heat index values are for shady conditions only. Exposure to direct sunshine will add up to an additional 15°F.

HEAT INDEX

Temperature & Dewpoint

National Weather Service



Heat Disorder Symptoms

HEAT STROKE (or sunstroke): High body temperature (106°F or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.

First Aid: ***HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL.*** While waiting for emergency assistance, move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. **Do not give fluids.** If on a salt restrictive diet consult a physician before increasing salt intake.

HEAT EXHAUSTION: Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.

First Aid: Get victim out of sun. Once inside, the person should lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

HEAT CRAMPS: Painful spasms usually in the muscles of legs and abdomen. Heavy sweating.

First Aid: Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water.

SUNBURN: Redness and pain. In severe cases swelling of skin, blisters, fever, headaches.

First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

For more information contact your local American Red Cross Chapter.
Ask to enroll in a first aid course.

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