



# TEST YOURSELF HEAT STROKE

## Structure of pamphlet

Test your own knowledge on the subject Heat stroke - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 245-248 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

**Stay up-dated**

**Find all self-training  
assignments at our  
webpage  
[www.dma.dk](http://www.dma.dk)**

**You may ask us  
questions at  
[cms@dma.dk](mailto:cms@dma.dk)**

**You may phone us at  
**+45 7219 6004****

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May 2020

**You may want to read chapter 34 in Medical Guide for Seafarers.**

**Assignment 1**

What is heat stroke?

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**Assignment 2**

List symptoms of heat stroke:

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**Assignment 3**

Which questions do you ask the person?

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**Assignment 4**

Which first aid would you give to a person with heat stroke?

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## **Did you know ?**

Acclimatisation is when your body adapts to a stay in a different temperature zone. Initial acclimatisation to warmer climate takes 5 days

After 2 weeks 95% are adapted.

Make it a habit to drink 3-5 liters when in a warm climate zone

Heat stroke is one of the most frequent causes of death among young athletes

Elderly people and people with outdoor work are the groups mostly exposed to heat stroke

## **NOTE**

Find additional information in folder from DMA: Heat exhaustion and heat stroke”

<https://www.dma.dk/Publikationer/Sider/default.aspx>

## Answers to the assignments:

### Assignment 1

What is heat stroke?

Heat stroke is a life threatening condition, with body temperature higher than 40<sup>0</sup> C (104<sup>0</sup> F). High temperatures affect and put a strain on both brain and heart.

Heat stroke is when the total amount of heat absorbed is greater than the amount of heat leaving the body.

Medical Guide for Seafarers p 245

### Assignment 2

List symptoms of heat stroke:

- Thirst
- Headache
- Dizziness
- Lethargy
- Rapid breathing
- Rising pulse
- Blood pressure dropping
- Level of consciousness dropping
- Problems with balance
- Hallucinations
- Double vision
- Paralyzes and convulsions.
- Skin will be warm, red and moist.

Medical Guide for Seafarers, p 246

### Assignment 3

Which questions do you ask the person?

- Do you have a headache, are you thirsty, do you feel weak?
- Did you do hard physical work – in the shade or in the sun?
- Do you have any medical problems with heart or lungs?
- Did you have enough to drink (Specify) and how does your urine look?

- Do you take any medicine?
- Did you drink alcohol or take any drugs?

Medical Guide for Seafarers, p 246

### Assignment 4

Which first aid would you give to a person with heat stroke?

- Move the person to a shaded area
- Remove clothing
- Cool skin (shower/bath)
- Bags of ice (wrapped in tea towel) in groin and armpits
- Give oxygen 9 liters/min.
- Offer the person something to drink (not cold)
- Contact Radio Medical for additional treatment.

When in warm climate zones, pay attention to fluid balance!

Medical Guide for Seafarers p 245-247.