

EAGLE WINGS MOTORCYCLE ASSOCIATION



Riding in the Heat Medical Emergencies

Despite the best precautions and preparation, hot weather riding can still produce some very unpleasant conditions.

⇒ **Dehydration**

⇒ **Symptoms**

- ⇒ Dry or sticky mouth
- ⇒ Low or no urine output
 - ⇒ Concentrated urine appears dark yellow
- ⇒ Not producing tears
- ⇒ Sunken eyes
- ⇒ Lethargic or comatose (severe dehydration)

⇒ **Treatment**

- ⇒ Seek shade or air conditioning
- ⇒ Drink additional water or specialized sport drinks
 - ⇒ Dilute the sport drinks 50/50 with water
- ⇒ When drinking anything cold and fast, it can give you painful stomach cramps
- ⇒ If possible reduce your planned distance and quit early

⇒ **Heat exhaustion**

⇒ **Symptoms**

- ⇒ Loss of large amounts of fluid through sweating
- ⇒ Symptoms may resemble early warnings of heat stroke
- ⇒ Heat exhaustion can progress to heat stroke
- ⇒ Sweating, clammy and moist skin
- ⇒ Pale or flushed complexion
- ⇒ Extreme weakness or fatigue
- ⇒ Giddiness
- ⇒ Nausea
- ⇒ Headache
- ⇒ Irritability

⇒ **Extreme heat exhaustion**

- ⇒ Vomiting
- ⇒ Possible loss of consciousness

⇒ **Treatment**

- ⇒ Drink additional water or specialized sports drink
 - ⇒ Always dilute sports drinks 50/50 with water
- ⇒ Apply cool compresses or ice packs to the neck, groin and arm pits

Victims with mild cases of heat exhaustion usually recover spontaneously with treatment.

⇒ **Heat stroke**

- ⇒ There is little warning to the victim that a crisis stage has been reached. The body no longer can dissipate heat at all, and severe organ damage may occur.

⇒ **Symptoms**

- ⇒ Hot, dry flushed or spotted skin
- ⇒ Severe headache
- ⇒ Exhaustion
- ⇒ Bizarre behavior
- ⇒ Hallucinations
- ⇒ Altered mental state
- ⇒ Confusion
- ⇒ Disorientation
- ⇒ Possible convulsions and coma

⇒ **Heat stroke treatment**

- ⇒ Call EMS (911) immediately
 - ⇒ **THIS IS A MEDICAL EMERGENCY!!**
 - ⇒ Unless the victim receives quick and appropriate treatment, **death can occur**
- ⇒ First aid should be immediately administered
- ⇒ Reduce patient's body heat immediately by all means possible
- ⇒ Remove victim to a cool area.