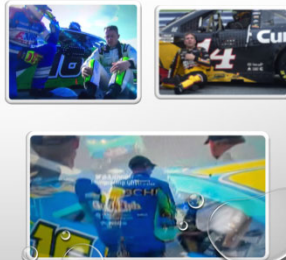




WHAT DO WE SEE?

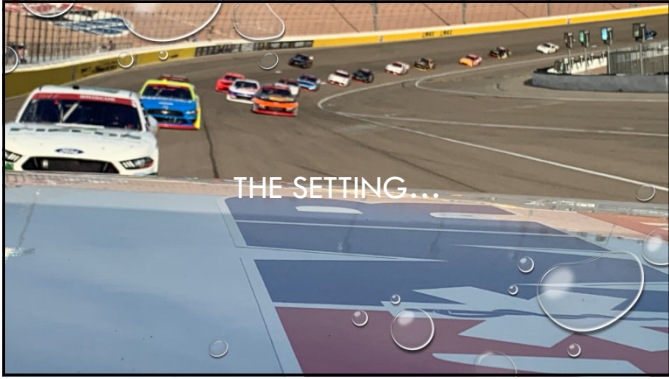


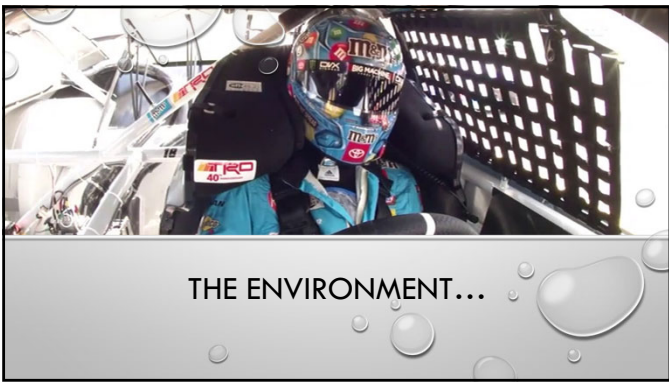
THE REALITY...

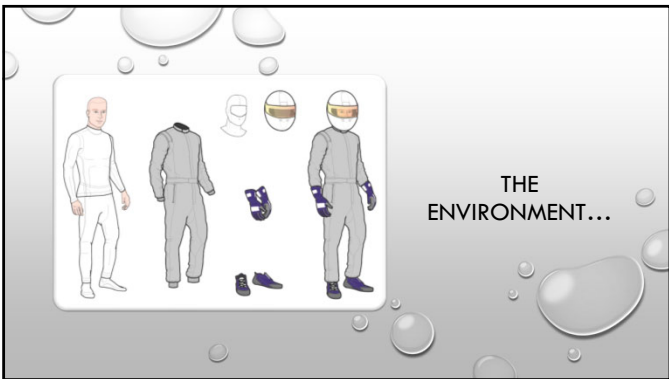


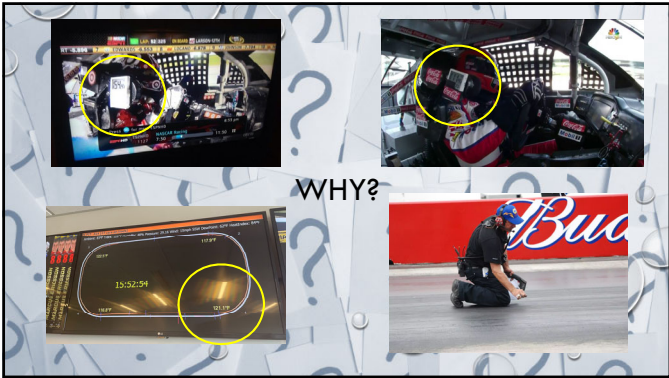
SOMETIMES...REAL HOT...







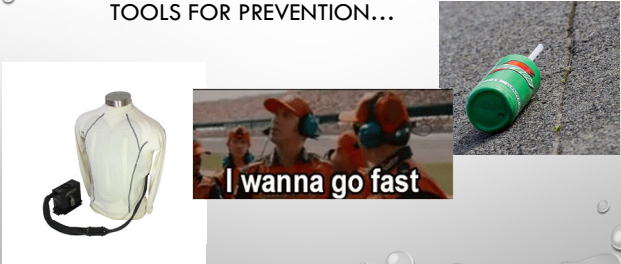









TOOLS FOR PREVENTION...



I wanna go fast



PREPARATION...



RED FLAG WATER...



Methods of cooling in exertional heat illness

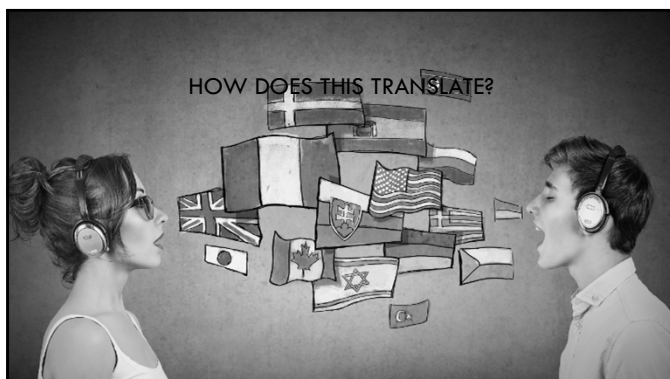
Most effective

- Ice-water immersion at 1°-4° C (33.8°-39.2° F)
- Cold-water immersion at 5°-14° C (41°-57.2° F)

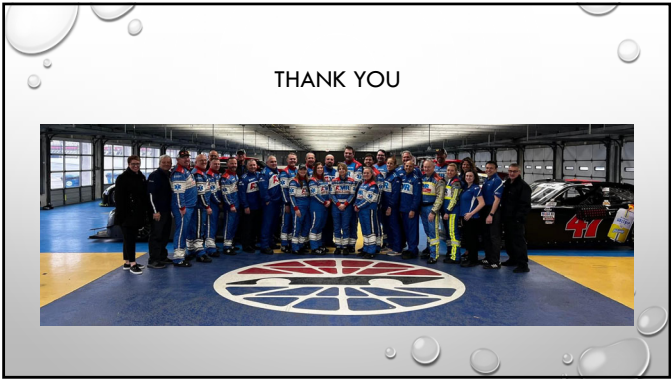
Less effective

- Evaporative/convective cooling (spraying water over patient, use of fans)
- Extremity cooling by cold-water immersion
- Ice pack placement to groin, neck, and axillae
- Cold intravenous fluids


WHEN THE SHAT HITS THE FIN...







THANK YOU



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