# AVOIDING AND PREVENTING HEAT RELATED INJURIES

## WHILE PLAYING BASEBALL



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Avoid dehydration and make sure you pre-hydrate

 Chrs before
 500 ml

 2hrs before
 500 ml

 1 hr before
 250 ml

 During (Every 15 mins)
 125-250 ml

 Immediately After
 500 ml

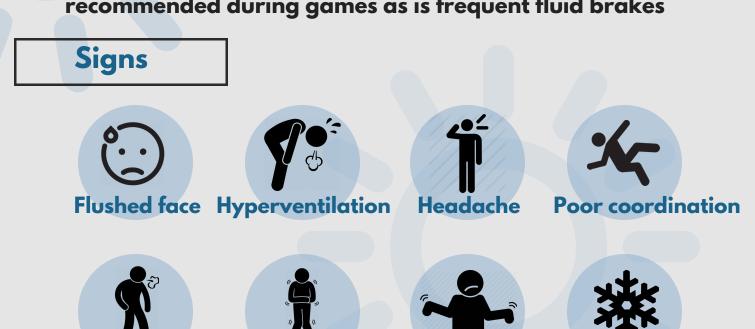
 1 hr after
 500 ml of chocolate milk

You should drink at least 500 ml for every 9 kg of body weight

Drinking carbohydrate/electrolyte fluids may be beneficial in avoiding heat trauma

4 Wearing light breathable clothing is advised.

Officials should be very cautious in authorizing games and practices in environments where the temperature plus humidity combined are 35 C and over. Unlimited substitution is recommended during games as is frequent fluid brakes





Goose bumps

#### Main types of injuries

Shortness of



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#### **Under Heat Cramps**

weakness, muscle cramps, collapse with low blood pressure.

**Tingling arms** 

Treatment to replace the salt loss can be orally or by intravenous if vomiting is a problem.

### **Heat Exhaustion**

weakness, irritability, collapse, unable to sweat adequately, a fine rash is often present. Remove athlete to a cooler environment, use ice baths, fans

Heat Stroke A Medical Emergency call 911 mental confusion, headache, poor coordination, delirium, convulsions and death. The body temperature may be 106 F or 40.5 C or higher, the skin is usually hot and dry as the sweating mechanism has failed.

Rapid cooling is the goal using wet towels, spray mist, sponge baths and removal from the heat. This condition could cause the athlete to go into shock and coma may follow so immediate medical attention is required.