

Have you experienced a heat injury before?  
Do you feel nauseated or have you vomited?  
Do you have a headache?  
What have you eaten today?  
How much water have you consumed today?  
have you lost much weight today or recently?  
Do you feel tired or weak?  
Do you feel dizzy?

#### Observation

note pupils; dilated = heat exhaustion; constricted = heat stroke  
note if the athlete has excessive sweating or dry skin  
note if the athlete has a pale or flushed skin color  
note if the athlete has incoordination  
note if the athlete has increased respiratory rate  
note if the athlete is mentally disoriented  
note if muscular cramps are present

special tests

pulse rate; rapidly increases

blood pressure; seldom rises with either injury

respiration; rapidly increases

rectal temperature