

Environmental Emergencies

Condition	Muscle Cramps	Breathing	Pulse	Weakness	Skin	Perspiration	LOC	Environment & Cause
Heat Cramps	Yes	Varies	Varies	Yes	Moist, Warm, No change	Heavy	Seldom	
Heat Exhaustion	No	Rapid, Shallow	Weak	Yes	Cold, clammy	Heavy	Sometimes	
Heat Stroke	No	Deep then shallow	Full, rapid	Yes	Dry & Hot	Little or none	Often	