

AVOIDING AND PREVENTING HEAT RELATED INJURIES WHILE PLAYING BASEBALL



Guidelines

1 Avoid dehydration and make sure you pre-hydrate



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

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

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

4 Wearing light breathable clothing is advised.

5 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 breaks

Signs



Flushed face



Hyperventilation



Headache



Poor coordination



Shortness of breath



Goose bumps



Tingling arms



Chilliness



Confusion



Agitation



Uncooperativeness



Dizziness

Main types of injuries

1 **Under Heat Cramps** weakness, muscle cramps, collapse with low blood pressure.



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

2 **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

3 **Heat Stroke**  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.