

HEAT ILLNESS SYMPTOMS



How to stay safe when it's hot

Playing cricket in the heat can lead to heat illness.

Signs and symptoms of heat illness are:

- Muscle cramps
- Dizziness
- Excessive fatigue
- Vomiting
- Rapid pulse
- Headaches



If someone experiences these symptoms:

- Stop playing cricket
- Lay person down in a cool environment
- Hydrate
- Cool body



A person may have heat stroke if, in addition to the signs and symptoms above, they display:

- Irrational behaviour
- Seizures
- Red, hot, and dry skin with no sweating
- Unconsciousness



If you suspect someone has heat stroke:

- Call 000 immediately
- Lay person down in a cool environment
- Do not give fluids
- Cool body with ice packs (stop if person is shivering)
- Prepare to give CPR if person is unconscious



HEAT STROKE IS A MEDICAL EMERGENCY. ALWAYS CALL 000. CHILDREN AND OLDER ADULTS ARE AT MORE RISK OF HEAT ILLNESS.

References: Australian Cricket's Community Cricket Playing in the Heat Guidelines (Cricket Australia) and Hot Weather Guidelines for Sport and Active Recreation (Vicsport).

This publication is created and published for informational purposes only. It is not intended to be a substitute for any individual situation, professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition.

Marsh Pty Ltd (ABN 86 004 651 512, AFSL 238983) ("Marsh") arrange the insurance and is not the insurer. The Discretionary Trust Arrangement is issued by the Trustee, JLT Group Services Pty Ltd (ABN 26 004 485 214, AFSL 417964) ("JGS"). JGS is part of the Marsh group of companies. Any advice in relation to the Discretionary Trust Arrangement is provided by JLT Risk Solutions Pty Ltd (ABN 69 009 098 864, AFSL 226827) which is a related entity of Marsh. The information contained herein is based on sources we believe reliable, but we make no representation or warranty as to its accuracy. Marsh shall have no obligation to update this publication and shall have no liability to you or any other party arising out of this publication or any matter contained herein. For full details of the terms, conditions and limitations of the covers and before you decide whether this policy suits your needs or making any decision about whether to acquire the product, refer to the specific policy wordings and/or Product Disclosure Statements available from Marsh on request.

© 2023 Marsh Pty Ltd.

LCPA 23/008

