

TWO TYPES OF HEAT INJURY:

HEAT EXHAUSTION

- Faint or dizzy
- Excessive sweating
- Pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

HEAT STROKE

- Throbbing headache
- No sweating
- Body temperature above 103°F (red, hot, dry skin)
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

If any of these symptoms occur, stop dancing, drink some water and chill out immediately.

DID YOU KNOW? Heat exhaustion can mimic the symptoms of a panic attack. If you're feeling panicky and sick while you're outside, try cooling off your wrists, the back of your neck, under your arms, and the insides of your thighs.



IF SOMEONE OVERHEATS AND COLLAPSES

- 1 Call an ambulance.**
- 2 Get the person to as cool of a place as possible.** This might mean taking them outside.
- 3 Drench them with water (as cold as possible) using any means you can. Increase the cooling process by fanning them with anything that's handy.** Once they've cooled off, give them dry clothes if available.
- 4 If the person regains consciousness, provide water (an electrolyte drink like Pedialyte is ideal).** At this point the person might start sweating again. This is a good sign!
- 5 When the ambulance comes, tell paramedics whatever information you can.** Try to keep track of details (how quickly did things happen? what symptoms did they show? what drugs did they take, if any?) and that you think the person is having a heat-related injury (if you know) and that you think it is heatstroke.

WHAT CAN YOU DO TO PREVENT HEAT INJURY?



As a rough guide, you should be looking to drink about a pint (2 cups) of water every hour if:

- you're dancing
- you're in a dry environment, like a desert
- you're hot and sweating

Electrolyte drinks may lower the risk of over-hydrating.



Take breaks from dancing and allow your body to cool down. Find a chill out area or shade structure if you are outdoors in the sun.



Wear loose-fitting clothes. Try to avoid bulky clothing (including hats or scarves) that keep your body heat in.



Stimulant drugs (such as MDMA, also known as ecstasy or Molly) make you more susceptible to heatstroke. If you choose to use stimulants, you should take even greater precautions to stay cool.



Use a buddy system and watch out for your friends. Being altered (not sober) can mask the symptoms of dehydration, or make it harder to tell what's happening in your body.



CAREFUL: DRINKING TOO MUCH WATER CAN BE DANGEROUS, TOO!

It's also possible to have a medical emergency from over-hydrating. It happens every year at music events, sometimes leading to death. Over-hydrating is called hyponatremia, and it happens when your electrolytes become diluted. The risk of hyponatremia is greater if you have taken MDMA or other stimulants. Hyponatremia often happens because someone is drinking a lot of water from exerting a lot of energy, sweating a lot, and/or has a dry mouth from stimulants. Try to drink about 2 cups of water per hour – and don't skimp on food, which is essential for balancing your electrolytes.

For more information visit dancsafe.org

PROMOTERS & VENUE OWNERS...

HEAT INJURY HAPPENS TO PEOPLE EVEN WHEN THEY HAVEN'T TAKEN ANY DRUGS.

Follow these simple guidelines to prevent medical emergencies and make your events safer (and more fun!) for your patrons:

1. Provide free and easy access to cool drinking water. This can be as simple as making sure there is running water in the bathrooms. (Shutting off access to water is illegal and extremely dangerous!) Offering free bottled water is even better. Add the cost to your ticket price, if you really need to.

2. Don't overcrowd your venues. Even the most powerful air conditioners can be overwhelmed by the body heat of too many people dancing in an enclosed space. Ambient temperature can get above 100°F in a poorly ventilated dance room. Limit your ticket sales based on the "heat capacity" of your venue, which is often lower than the fire capacity. (For outdoor festivals, provide ample shade structures.) When we poll our followers, overcrowding is consistently cited among the top 3 things they want venue owners and promoters to address.

3. Provide chill-out areas when possible. Ambient music, couches, and bean bag chairs provide a comfortable environment for people to relax and cool down after dancing energetically. Having cooler, less stimulating spaces can also lower the risk of patrons having preventable panic attacks or psychological crises.

4. Establish proper ventilation and temperature control measures. If air conditioning is not available, large fans with open windows can often do the job. Fans blowing hot air out of the building through an open window can provide better cooling than blowing outside air into the building. Ceiling vents with exhaust fans provide the best ventilation.

5. Provide safety & harm reduction information to your patrons. DanceSafe offers pamphlets (like this one) and other harm reduction materials with health and safety tips. Much of the time, people engage in safer behavior when they have access to information like this.

6. Be prepared. Have your security trained in basic first aid, and hire outside medical service providers to make sure you're able to handle an emergency if it comes up. Ideally, hire event-specific medical teams who have knowledge of the drugs that are often used in party environments.

Heat-related deaths happen all the time at events - and they're usually preventable.

- If you dance energetically in a hot environment, your body temperature rises.
- If you take MDMA (sometimes called "Molly" or "ecstasy") or any stimulant drug, your body temperature also rises.
- If you dance *and* take a stimulant at the same time, especially in a hot environment, your body temperature can rise even higher.
- With body temperatures raised to such high levels, there is a risk of developing heat injury.
- Two types of heat injury are heat exhaustion and heatstroke. Heat exhaustion can be very uncomfortable, but heatstroke can be deadly.
- Heat exhaustion can turn into heatstroke if a person isn't cooled down.
- You can lose up to a pint of water (2 cups) per hour dancing in a hot environment. These fluids need to be replaced.

WATCH OUT! Taking too much MDMA (overdosing) greatly increases the risk of heatstroke. A large enough overdose by itself can cause hyperthermia (dangerously elevated body temperature) and death, even if you are in a cool environment. Some people are more sensitive to MDMA than others, and may be genetically more likely to experience hyperthermia.



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WATCH OUT FOR HEAT STROKE

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