Incidents in the Outdoors: Heat & Water Related Incidents

Heat related incidents: 84

Incidents associated with Fresh / Salt Water Activities: 151

(e.g. swimming, canoeing, rafting / raft building)

Example injuries:
- Sunburn; blisters / hot spots; blood nose; superficial; muscular, dislocation/strain; heat-related

Example illnesses:
- Dizziness; nausea/vomiting; stomach pain; headache; chest pain; heat stroke; cramps; rash; allergic reaction

The most frequently identified contributory factors associated with heat related incidents and incidents associated with fresh/salt water activities.