

Southern Illinois Regional EMS System

EE-8 HEAT EMERGENCIES

ALS/ILS/BLS

1. Heat Cramps or Tetany:
 - 1.1. Primary assessment.
 - 1.2. Move patient to a cool environment:
 - 1.2.1. Remove excess clothing and transport.
 - 1.2.2. DO NOT massage cramped muscle.
2. Heat Exhaustion:
 - 2.1. Move patient to a cool environment.
 - 2.2. Monitor and record mental status.
 - 2.3. Cardiac monitor (ALS/ILS).
 - 2.4. Place in supine position with feet elevated.
 - 2.5. Remove as much clothing as possible.
 - 2.6. Initiate IV of NS: (ALS/ILS)
 - 2.6.1. Fluid challenge of 200ml.
 - 2.7. Contact medical control (ALS/ILS).
 - 2.8. Vomiting precautions.
3. Heat Stroke:
 - 3.1. Move patient to a cool environment.
 - 3.2. Monitor and record mental status.
 - 3.3. Cardiac monitor (ALS/ILS).
 - 3.4. 100% O₂
 - 3.5. Initiate IV of NS: (ALS/ILS)
 - 3.5.1. If Normotensive or hypertensive – TKO.
 - 3.5.2. If hypertensive – 200ml fluid challenge.
 - 3.6. Contact medical control (ALS/ILS).
 - 3.7. Place in supine position with feet elevated if hypotensive.
 - 3.8. Semi-fowler's position with head elevated 15-30 degrees if systolic BP > 90mmHg.
 - 3.9. Initiate rapid cooling:
 - 3.9.1. Remove as much clothing as possible.
 - 3.9.2. Cold packs to lateral chest wall, groin, axilla, carotid arteries, temples and behind knees.
 - 3.9.3. Sponge or mist with cool water and fan or cover body with wet sheet and fan.
 - 3.10 Rapid Transport.
 - 3.11 Seizure precautions.