



Heat Exposure/Exhaustion

Environmental

CRITERIA

Patient exposed to extreme environmental conditions with symptoms that might include but are not limited to:

- CNS depression
- Cardiac dysrhythmias
- Abnormal vital signs

PROTOCOL

EMR	Follow <i>General – Universal Patient Care/Initial Patient Contact protocol</i> .	EMR
EMR	Place patient in cool environment.	EMR
EMT	<ul style="list-style-type: none">• Remove excess clothing.• If skin temperature is normal to touch:<ul style="list-style-type: none">○ Apply cool compresses.• If skin temperature is hot to touch:<ul style="list-style-type: none">○ Treat as life-threatening emergency.○ Immediately start cooling process:<ul style="list-style-type: none">▪ Fan the patient with cool mist if available.▪ Place ice packs in armpits, groin, and neck areas.▪ Place cool wet sheet over the patient.▪ If patient begins to shiver, slow cooling process.	EMT
A	Suspected heat stroke or hypovolemia: 20 mL/kg 0.9% Normal Saline up to 1000 mL bolus , continuously reassessing need for further fluid administration.	A
EMT	Continuously reassess patient.	EMT

PEARLS

Consider cold IV fluids, if available, in heat stroke patient **only**. Use caution in the conscious patient.