



Protocol 700-E1: Heat Exposure

Revision 5/22/18
Effective 8/1/18

BLS Treatment

- ❖ Treat life threats. (See Procedure 701 *Life Threats*)
- ❖ Implement cooling measures.
- ❖ Prepare for transport / transfer of care.

ALS Treatment

- ❖ Heat Exhaustion:
 - Transport.
 - IV NS 1 liter. Repeat as needed to maintain perfusion.
 - Contact Base Station.
- ❖ Heat Stroke:
 - Start aggressive cooling measures.
 - Transport.
 - If symptomatic hypotension, IV/IO NS 1 liter. Repeat as needed to maintain perfusion.
 - Contact Base Station.

Special Considerations

Heat Exhaustion vs Heat Stroke

	Background	Clinical Signs	Treatment
Heat Exhaustion	<ul style="list-style-type: none">❖ Usually healthy❖ Exercise induced❖ Hypovolemia	<ul style="list-style-type: none">❖ Normal temperature❖ Wet pale skin❖ Tachycardia❖ Syncope❖ Vomiting/diarrhea	<ul style="list-style-type: none">❖ Passive Cooling❖ IV fluids
Heat Stroke	<ul style="list-style-type: none">❖ Inactive, elderly, exposed to hot environments❖ Overactive, healthy youth.❖ Phenothiazines, tricyclics, antihistamines, amphetamines, ETOH, diuretics	<ul style="list-style-type: none">❖ High temperature❖ ALOC❖ Dry hot skin❖ Seizures❖ Tachycardia	<ul style="list-style-type: none">❖ Rapid aggressive cooling.❖ IV fluids only if hypotensive