



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