

## BLS

- Ensure patent airway
- O<sub>2</sub> Saturation prn
- O<sub>2</sub> and/or ventilate prn
- Remove excess/wet clothing
- Obtain baseline temperature

### Heat Exhaustion:

- Cool gradually
- Fanning, sponging with tepid water
- Avoid shivering
- If conscious, give small amounts of fluids

### Heat Stroke:

- Rapid cooling
- Spray with cool water, fan. Avoid shivering
- Ice packs to carotid, inguinal and axillary regions

### Cold Exposure:

- Gentle warming
- Blankets, warm packs
- Dry dressings
- Avoid unnecessary movement or rubbing
- If alert, give warm liquids
- If severe, NPO
- Prolonged CPR may be indicated

### Near Drowning:

- Spinal stabilization when indicated

## ALS

- Monitor EKG
- IV/IO SO adjust prn

### Severe Hypothermia with Cardiac Arrest:

- Hold medications
- Continue CPR
- If defibrillation needed, limit to 1 shock maximum

### Suspected Heat Exhaustion/ Heat Stroke

- 500ml fluid bolus IV/IO SO, without rales  
MR x1 SO

### Near Drowning:

- CPAP at 5-10cm H<sub>2</sub>O SO for respiratory distress.

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Approved:



EMS Medical Director