



BLS

ALS

- Ensure patent airway
- O₂ saturation PRN
- O₂ and/or ventilate PRN
- Remove excess/wet clothing
- Obtain temperature

Heat exhaustion

- Cool gradually
- Fan and sponge with tepid water
- Avoid shivering
- If conscious, give small amounts of fluids

Heat stroke

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

Cold exposure

- Gentle warming
- Apply blankets, warm packs, and dry dressings
- Avoid unnecessary movement or rubbing
- If alert, give warm liquids. If altered LOC, NPO
- Prolonged CPR may be indicated

Drowning

- CPR, if cardiac arrest. Emphasize ventilations.
- High-flow O₂ if spontaneous respirations
- Remove wet clothing
- Spinal motion restriction PRN

- Monitor/EGC
- IV/IO [Ⓐ]
- Capnography

Cardiac arrest with hypothermia

- CPR
- Persistent VF/VT, defibrillate per CPR / Arrhythmias Protocol (S-127)*
- Epinephrine 1:10,000 1 mg IV/IO x1[†]
- Rewarm

Heat exhaustion/heat stroke

- 500 mL fluid bolus IV/IO, if no rales MR x1 [Ⓐ]

Drowning with respiratory distress

- CPAP at 5-10 cmH₂O for respiratory distress

*Defibrillation attempts may be unsuccessful during rewarming until temperature ≥86 °F / ≥30 °C

†Limit epinephrine to 1 dose and withhold antiarrhythmic medications until temperature ≥86 °F / ≥30 °C