



## Protocol 700-E1-P: Heat Exposure/Hyperthermia

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.
  - If symptomatic hypotension, IV NS 20ml/kg. Repeat as needed to maintain perfusion.
  - Contact Base Station.
- ❖ Heat Stroke:
  - Start aggressive cooling measures.
  - Transport.
  - If symptomatic hypotension, IV/IO NS 20ml/kg. 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><li>High temperature</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>Infants exposed to hot environments</li><li>Overactive, healthy youth.</li></ul>	<ul style="list-style-type: none"><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>