


Section: **Adult Medical**  
Subject: **HEAT EMERGENCIES**  
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1. Basic ALS Treatments
2. Heat Cramps
  - a. Move the patient to a cool environment.
  - b. Stretch the muscles involved.
  - c. Administer oral fluids as tolerated.
3. Heat Exhaustion
  - a. Move the patient to a cool environment.
  - b. Watch for signs of heat stroke developing.
  - c. Hydration and cooling:
    - i. **Normal saline** 20 mL/kg IV/IO.
    - ii. Cool saline if possible
    - iii. Give oral fluids as tolerated.
  - d. Monitor for dysrhythmias.
4. Heat Stroke (hyperthermia with neurologic signs or symptoms):
  - a. Move the patient to a cool environment.
  - b. Immediately
    - i. Remove clothing
    - ii. Cool the patient with water and air conditioning.
    - iii. Cool packs should be place in the axilla, neck, and groin regions.
  - c. IV normal saline 20 mL/kg IV/IO
    - i. Cool if possible
    - ii. Hydrate until capillary refill time is < 2 seconds
    - iii. Watch for seizures and precipitous cardiopulmonary arrest
    - iv. Monitor for dysrhythmias
  - d. Monitor for dysrhythmias