

AHSAA Recommendations

For Heat Related Illnesses

PREPARATION:

Emergency Action Plan (EAP) in place and well-practiced

Equipment: Cold immersion tub, water supply, abundant supply of ice in coolers, temperature measuring device (wet bulb, heat index chart, local weather information), cool zone (shaded area), rectal thermometer, towels

PARTICIPATION: Treatment action plan:

1. Move to cool zone
2. Contact emergency medical service (911)
3. Determine vital signs. Monitor rectal temperature as soon as heat illness suspected. Check pulse, breathing, airway, blood pressure.
4. Immerse in cold tub of iced water.
5. Cover entire body with ice-watered towels if immersion tub is unavailable. Rotate new towels every 2-3 minutes.
6. Remove from cooling method when rectal temperature is less than 102 degrees.
7. **COOL FIRST – TRANSPORT SECOND.** Cooling is the primary goal before transporting to nearest medical facility via EMS.