

E17 EXPOSURE HEAT/COLD

KEY QUESTIONS	PRE ARRIVAL INSTRUCTIONS
Is the patient breathing?	YES: position of comfort NO: if not breathing normally start CPR
HEAT EXP: Is skin cool and moist?	Remove from heat, remove clothing. If alert, drink water
HEAT EXP: Is skin hot and dry?	Remove from heat, remove clothing. Use air conditioning, fans, cool water, cool cloths on patient
COLD exposure?	Remove from cold, remove wet clothing, wrap in dry blankets, cover head but not face, handle gently
Nausea or vomiting?	Turn patient on left side
How long has the patient been exposed to heat / cold?	Advise responders

INCIDENT TYPE	
Alert (NO priority symptoms)	EXPOSURE F
Chest Pain, Not Alert or Priority symptoms	Code to Priority symptom

Call back if anything changes

Supplemental information

Heat Exhaustion:

- Cool, clammy skin
- Pale, gray color
- Dizzy, weak, faint
- Nausea or vomiting
- Headache

Heat Stroke:

- Hot, dry, flushed skin

- Unresponsive
- Rapid deterioration

Cold Exposure, Hypothermia:

- Stage 1
 - Mild shivering,
 - Decreased muscle function
- Stage 2
 - Moderate lethargy
 - Normal breathing and pulse
 - Moving all extremities
- Stage 3
 - Severe disorientation or [coma](#)
 - Slow weak pulse and respirations
- Stage 4
 - Apparent death
 - Can survive after long period in cold
 - Always use [CPR](#).