## **HEAT EXHAUSTION**

An abnormal condition characterized by weakness, vertigo, nausea, muscle cramps and possible syncope caused by depletion of body fluids and electrolytes resulting from prolonged exposure to elevated temperatures.

Weakness
Vertigo
Nausea
Muscle cramps
Possible syncope
Profuse sweating
Reddened skin
Rapid respirations
Rapid heart rate

Move patient to cooler environment

Do focused assessment and physical exam. Establish baseline vitals to include temperature and pulse oximetry.

Sponge patient with room temperature water.
Avoid chilling the patient

Recommend transport to medical facility for evaluation.

Provide supplemental oxygen according to oxygen administration protocol.

Monitor vitals every 15 minutes for stable patients and every 5 minutes for unstable patients until EMS arrival.