



**ENVIRONMENTAL EMERGENCIES**

**ADULT**

**PEDIATRIC**

**INDICATION**

**Heat Exhaustion:** Muscle cramping, fatigue, nausea, headache, normal or slightly elevated body temperature. Syncope or dizziness is almost universal  
**Heat Stroke:** Persistently altered level of consciousness and elevated body temperature (usually greater than 104°F or 40°C), tachycardia and hypotension. Sweating is variable.  
**Mild Hypothermia:** 90°F to 95°F (32°C to 35°C).  
**Moderate Hypothermia:** 82 to 90 (28 to 32)  
**Severe Hypothermia:** Less than 82°F (28°C).

**BLS Procedures**

Assess Airway.  
 Assess Vitals.  
 Oxygen, Titrate to SPO2 of 94% or higher.  
 Assess lung sounds.  
 Apply Passive and Active cooling measures (Heat Exhaustion/Stroke).  
 Apply Passive and Active warming measures (Hypothermia).  
 Assess blood glucose level if BS < 60 treat per Blood Sugar Emergencies protocol

**ALS Standing Orders**

Follow BLS procedure if applicable.  
 IV/IO Access as needed.  
 Consider ECG & 12-lead.

**Hypothermia**

Consider Warm NS/LR 500 mL IV/IO  
 • May repeat as necessary.

Consider Warm NS/LR 20 mL/kg IV/IO  
 • May repeat as necessary.

**Hyperthermia**

Consider NS/LR 500 mL IV/IO  
 • May repeat as necessary.

*If seizing*

**Midazolam 2mg** slow push IV  
 • May repeat at 1-2 mg increments every 3 minutes  
 • Max total dose 6 mg.

OR

**Midazolam 5 mg** IM  
 • May repeat once after 10 minutes.

OR

**Midazolam 10 mg** IN  
 • Deliver ½ dose each Nare  
 • No repeat.

Consider NS/LR 20 mL/kg IV/IO  
 • May repeat as necessary.

*If seizing*

**Midazolam 0.1 mg/kg** slow push IV  
 • May repeat x2 every 5-10 minutes  
 • Max single dose 2 mg  
 • Max total dose 4 mg.

OR

**Midazolam 0.1 mg/kg** IM  
 • Max dose 4 mg  
 • No repeat.

OR

**Midazolam 0.2 mg/kg** IN  
 • Deliver ½ dose each Nare  
 • Max dose 5 mg  
 • No repeat.

**Special Considerations**

• In the absence of any immediate life threats, and on-scene resources allow, rapid cooling measures (submerging patient in cold/ice water) may be performed on-scene prior to transport, targeting a temperature of 102°F.

**Base Hospital Orders Only**