

Medical: Heat Cramps/Exhaustion

EMR

- Move patient to cooler environment and remove excess clothing
- ABC and vital signs and core temperature
- Airway management with **oxygen** therapy maintaining a SaO₂ of 94-98% through titration
- Cool patient
- Oral fluids

 **EMR STOP**

EMT

- Cardiac monitor

 **EMT STOP**

EMT IV

ADVANCED EMT

- Vascular access
- Consider **Normal Saline** bolus 250 ml

 **EMT IV / ADVANCED EMT STOP**