

M4: Evaluate a Casualty for a Heat

Injury Based on:

081-000-0016-Treat a Casualty for a Heat**Injury TRADOC Regulation 350-29****Task:** Identify types, signs, symptoms, and treatment of heat injuries. Treat for heat stroke.**Condition:** You see a Soldier who appears to be suffering from a heat injury and you must determine and provide the proper treatment. The casualty is responsive but confused. You are on a Forward Operating Base and not in a CBRNE environment.**Standard:** Identify types, signs, symptoms, and treatments within five minutes. 100% accuracy for heat cramps. At least three correct signs and symptoms for both heat exhaustion and heat stroke, with no incorrect answers. At least three treatments for heat exhaustion, with no incorrect answers. Answers must be readable and understandable by the Grader. Correctly provide treatment for heat stroke within five minutes without causing further injury. All tasks will be performed in sequence.**Station Requirements:** Laminated sheet of paper with blank lines for the Candidate to fill in signs/symptoms and treatments (Treatment not required for heat stroke as the Candidate will execute). Alcohol pens and eraser. A 160-200 lb. mannequin in full EIB uniform. Ice packs, soaked ice sheets, bucket of water, and/or other means of cooling.**Identify Signs, Symptoms, and Treatment:**

1. Type: Heat cramps.
 - a. Signs and symptoms:
 1. Muscle cramps of the arms, legs, and/or abdomen.
 - b. Treatment:
 1. Move to shaded area and rest.
 2. Loosen clothing.
 3. Oral rehydration.

2. Type: Heat exhaustion.
 - a. Signs and symptoms:
 1. Profuse sweating and pale/gray/moist/cool skin.
 2. Headache.
 3. Weakness.
 4. Dizziness.
 5. Loss of appetite or nausea
 6. Normal or slightly elevated body temperature (up to 104 degrees)
 - b. Treatment:
 1. Move the casualty to a shaded area and provide oral rehydration unless nauseated.
 2. Loosen and/or remove the casualty's clothing and boots.
 3. Pour water on the casualty and fan them if possible.
 4. Cover with ice sheet; elevate legs.

3. Type: Heat stroke.
 - a. Signs and symptoms:
 1. Core temperature rising above 106 degrees within 10 to 15 minutes.
 2. Hot, dry skin.
 3. Headache.
 4. Dizziness.
 5. Nausea
 - b. Treatment:
 6. Confusion.
 7. Weakness.
 8. Loss of consciousness.
 9. Possible Seizures
 10. Pulse and respirations are weak and rapid.

Treatment heat stroke:

1. **Candidate verbalizes** "Call for evacuation."
2. Cool the casualty with any means available, even before taking the clothes off (Unit SOP).
3. Remove the casualty's outer garments and/or protective clothing.
4. Lay the casualty down and elevate their legs.
5. Place ice sheets/packs in groin, armpits, and around neck.
6. Immerse the casualty in cold water or pour cold water on the casualty if available.
7. Cover all but the face with a soaked ice sheet.
8. **Candidate verbalizes** "Evacuate the casualty."