



Emergency Cooling Methods and Steps

For All Methods

- Call 911/EMS right away.
- Monitor vitals and mental status; maintain airway, breathing and circulation.
- If possible and trained, take and record rectal temperature.
- Cease cooling when you observe shivering or rectal temperature reaches 101–102°F (38.3–38.9°C).
- If employee is conscious, have them slowly sip cool water.

Ice Bath Immersion

1. Remove all equipment and excess clothing.
2. Place employee in a tub/stock tank with ice and water approximately 35–58°F; stir water and add ice throughout cooling process.
3. The tank/tub should be filled up so that just the employee's head is above water.
4. Cool the employee as quickly as possible within 30 minutes via whole body ice water immersion.

Ice Sheet Method

1. Take employee to a shaded, cool area and remove as much clothing as possible
2. Activate six chemical icepacks by smacking them firmly between your hands.
3. Place two packs (left and right) in the groin, armpits and sides of neck in order to cool the employee. If icepacks are unavailable, move on to the next step.
4. Then using a cold, wet sheet or towel soaked in ice water, wrap the employee (e.g., like a burrito) from feet to neck then apply a second soaked sheet/towel over the first. Every 60 seconds re-soak the second sheet/towel and reapply.
5. Place a cold compress on the employee's forehead and fan them to assist with additional cooling.

***Wet Clothes Method**

1. Take employee to a shaded, cool area, and remove outer garments but leave a single layer of clothing.
2. Use ice water to soak the remaining clothing (head to toe), and repeat every 60 seconds to continually cool the employee.
3. Fan the employee to assist with additional cooling.

***Icepack Method**

1. Take employee to a shaded, cool area and remove as much clothing as possible.
2. Activate six chemical icepacks by smacking them firmly between your hands.
3. Place two packs (left and right) in the groin, armpits and sides of neck in order to cool the employee. Replace icepack with new ones when they are no longer cold.
4. Fan and pour cold water over the employee to assist with additional cooling.

**Note: The wet clothes method and icepack methods are options for remote area emergencies in which an agent/officer must provide self-care or care for a co-worker.*