

TARP ASSISTED COOLING WITH OSCILLATION TACO METHOD

PROTOCOLS USED:

- [Exertional Heat Stroke](#)

INDICATIONS:

- AMS following strenuous athletic activities
- Rectal temperature > 104F following strenuous athletic activities

EQUIPMENT:

- Large tarp or body bag
- Ice
- Water

	EMR	EMT	PM
1. Continue care as indicated by specific protocol	•	•	•
2. Remove excess clothing or equipment from the patient	•	•	•
3. Unfold the tarp/body bag. Place patient in the middle of the tarp/body bag which will act as a make-shift tub	•	•	•
4. Pick up each corner of the tarp/body bag to form a sling or "taco" shape around the patient.	•	•	•
5. Slowly pour cool water and ice into the tarp/body bag up to the patient's chest	•	•	•
6. Gently move the tarp/body bag back and forth to agitate the water and start the cooling process	•	•	•
7. Monitor the patients vitals and rectal temperature. Only remove the patient once their rectal temperature reaches <102F or a resolution of AMS (if rectal thermometer is available).	•	•	•
8. Once patient is cooled to <102F, transport to the closest appropriate comprehensive emergency department.	•	•	•





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