

Florida Regional Common EMS Protocols Strenuous Activity – Medical Evaluation

Incident #:	Name:				
Location:	Unit #:				
Date:	Last Assign				
Time of Evaluation:					
Pre-Training or Initial Evaluation	Pulse Rate				
	SpO2				
	SpCO				
	BP				
	Injuries/Illness?	Y N	Y N	Y N	Y N
	Oral Temperature				
	Other				
All Workers Hydrated With 16oz. Water or Electrolyte Solution					
Time of Evaluation:					
Second [10 minutes] Evaluation	Pulse Rate				
	SpO2				
	SpCO				
	BP				
	Injuries/Illness?	Y N	Y N	Y N	Y N
	Oral Temperature				
	Other				
Deny Return to Duty if	<ul style="list-style-type: none"> ▪ Vomiting, Diarrhea, Heat Exhaustion in the last 72 hours ▪ Large open skin wounds / rash ▪ Insulin-using diabetic has not eaten in the past 4 hours ▪ Wheezing or congested lungs ▪ Respirations <8 or >40 ▪ Pulse over 120 or irregular ▪ SpO2 <92% ▪ SpCO >8% after oxygen ▪ Oral Temperature >101F or <90F ▪ Systolic BP >160 or <100 mmHg ▪ Dizziness ▪ Need for Transport (see below) 				
Time of Evaluation:					
Third [20 minutes] Evaluation	Pulse Rate				
	SpO2				
	SpCO				
	BP				
	Injuries/Illness?	Y N	Y N	Y N	Y N
	Oral Temperature				
	Other				
Consider Transport of Emergency Worker to Hospital if symptoms are present for longer than 20 minutes:		Transport Emergency Worker to hospital <u>immediately</u> if any of the signs below are present:			
<ul style="list-style-type: none"> ▪ Respirations <8 or >40 ▪ Pulse rate over 120 BPM ▪ SpO2 <92% ▪ SpCO >8% after oxygen ▪ Oral Temperature >101F or <90F ▪ Systolic BP >160 or <100 mmHg 		<ul style="list-style-type: none"> ▪ Irregular Pulse (acute onset) ▪ Altered Mental Status ▪ Symptoms of Heat Stroke ▪ Significant injury ▪ Shortness of Breath ▪ Chest Pain ▪ Severe Headache ▪ SpCO >25% 			
Heat Index:	Comments:				