Ice sheets can help reduce core temperature in Service Members showing symptoms of exertional heat-related illness.

**HOW?**
They can **quickly and efficiently** help cool the patient at a rate of ~0.16°F per minute.

**PREP**
1. Fill ice chest with \(\frac{1}{3}\) COOL WATER and \(\frac{2}{3}\) ICE.
2. Immerse bedsheet in ice water. Use **5 sheets** per anticipated heat casualty.

If sheets aren’t readily available, use a shirt, blanket, or any form of cloth that can be repeatedly dipped in ice water and placed on the casualty.

Depending on the risk assessment, maintain ice sheets at each training site, on an evacuation vehicle, or at your military treatment facility.

**USE**
- Remove casualty’s clothing down to undergarments.
- Lay ice sheet down on litter or stretcher.
- Place casualty on top of ice sheet.
- Put wadded or rolled ice sheets on the patient’s **groin**, (under) **armpits** and (around) the **neck**.
- Drape an extra ice sheet over the top of the torso and legs.
- Rewet sheets every **3 minutes**.
- Continue cooling (even if casualty is shivering) until EMS arrives.