

# ICE-SHEET COOLING

**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



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.

