



LEAST RESISTANCE TRAINING CONCEPTS  
PROCEDURE GUIDE No. 25-91  
**HEAT ILLNESS PREVENTION PROTOCOLS**



Issue Date: 6-20-2025

Supersedes: None

This Procedure Guide is intended to condense multiple safety bulletins into one document as prescribed in Nevada Division of Industrial Relations regulation R131.24 relating to heat related worker safety. While LRTC is not specifically an “employer,” we have a duty to comply with the intent of this regulation.

**Discussion:**

Members routinely respond to public safety incidents and technical rescues during all types of weather and environmental conditions. Exposure to heat is one of those conditions addressed in this procedure guide. This Procedure Guide encompasses protocols outlined in General Safety Orders, Work It or Leave It, Safety Officer, Hydration and Nutrition, and Rehabilitation.

In consideration of heat-related risks to responders, the need to provide training must be recurrent to ensure that such risks are mitigated to the greatest extent practicable.

**1 Risk Analysis:**

- 1.1 Members responding during hot weather may be involved in diverse physical activities that when combined with ambient heat could produce adverse health effects.
- 1.2 Due to the nature of emergency and technical responses, members may be focused on technical / rescue elements and not recognize the effects of heat exposure to themselves.
- 1.3 Without practical monitoring processes, at-risk members could experience undesirable impacts from heat exposure.

**2 Safety Policy:**

- 2.1 Safety is the overarching priority in all responses. No procedure or protocol provided in any Procedure Guide shall supersede the use of sound judgment as may be appropriate to maximize incident safety.
- 2.2 Per Section 2.1, Procedure Guide 20-91, General Safety Orders: Except for simple operations that are likely to be concluded in 30 minutes or less, responder support shall be provided as follows:
  - Hydration cache (water and Gatorade)
  - Nutrition cache (snacks, protein / energy bars)

- 2.3 A vehicle having functioning air conditioning capable of providing temperature-controlled rehabilitation shall be parked as proximate to the incident location as practicable.
- 2.4 The operation's Incident Commander shall be responsible to ensure that no members active at the incident display signs of heat stress (i.e., flushed appearance, heavy sweating, muscle cramps, nausea, dizziness, headache, and/or confusion), and that immediate steps be taken to remediate any potential signs of impending or actual heat-related stress.
  - 2.4.1 The Incident Commander's heat-related responsibilities may be delegated to a designated Safety Officer or other qualified member at the scene.
  - 2.4.2 All members operating at the scene have a duty to observe, recognize and report any member who appears to be experiencing any adverse heat-related issues or symptoms.
- 2.5 Any member displaying potential or actual adverse heat-related issues or symptoms shall be relocated to a proper temperature-controlled environment, provided hydration and nutrition as may be warranted, and shall be monitored to ensure that symptoms resolve.
- 2.6 If during relocation and monitoring a member's symptoms do not resolve or they worsen, EMS shall be summoned to provide a more comprehensive evaluation including transport, if warranted.
- 2.7 Members experiencing heat-related issues should not return to activities following rehabilitation that could potentially cause a recurrence of such issues.
- 2.8 In the event weather conditions could potentially pose unreasonable risks, Work It or Leave It decision making protocols shall be followed.

### **3 Training Issues:**

- 3.1 Prior to and during hot weather, reminders as to the risks of heat exposure shall be included in all in-service training curriculum.
- 3.2 Training curriculum shall also include reminders as to signs that a member may be experiencing heat-related issues, resources available to mitigate such issues, and applicable protocols.
- 3.3 During outdoor training exercises being undertaken in hot weather, the intensity and duration of activities shall be appropriate for conditions.
- 3.4 During outdoor training activities, the instructors or exercise controllers shall designate mandatory hydration and/or cooling breaks as may be appropriate.

### **4 Member Responsibilities:**

- 4.1 All members have a responsibility to exercise common sense with respect to environmental conditions for their own welfare as well as the welfare of other members.
- 4.2 Members should be alert to conditions that could potentially warrant heat-related interventions and report objective observations to the Incident Commander, Training Instructor or Exercise Controller so that appropriate actions can be undertaken.

Heat Safety

Watches and  
Warnings

Heat Forecast  
Tools

During a Heat  
Wave

Heat Related  
Illnesses

## Heat Exhaustion

### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Dizziness*

*Thirst*

*Heavy  
Sweating*

*Nausea*

*Weakness*



## Heat Stroke

### ACT FAST

**CALL 911**

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Confusion*

*Dizziness*

*Becomes  
Unconscious*

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*



Stay Cool, Stay Hydrated, Stay Informed!

