

THE KLEINER EXERTIONAL HEAT ILLNESS SCALE



(KEHIS - Tactical)



Provided by Tactical Medics Int.

SIGNS AND SYMPTOMS

MUSCLE CRAMPS

- 0 - No cramps present
- 1 - Transient cramping in the legs only
- 2 - Persistent cramping in the legs only
- 3 - Transient cramping other than the legs
- 4 - Persistent cramping other than the legs

SKIN APPEARANCE

- 0 - Cool and moist
- 3 - Hot and moist
- 5 - Cool and dry
- 6 - Hot and dry

CORE TEMPERATURE (°F)

(Rectal temperatures are required)

- 0 - < 99
- 1 - 99 - 101
- 4 - 102 - 103
- 7 - 104 - 105
- 8 - > 105

MENTAL STATUS / FUNCTION

- 0 - Fully Conscious/Alert
- 2 - Headache/Lightheaded/Weakness
- 4 - Mildly Confused/Dizzy/Staggering
- 5 - Altered/Combative/Delirious/Unconscious

HISTORY OF HEAT ILLNESS

- 0 - No history
- 2 - Previous history

DIAGNOSTIC SCALE

- 0 - 10 MILD**
- 11 - 19 MODERATE**
- 20 - 25 SEVERE**

SUGGESTED TREATMENT

MILD

(Heat Cramps)

Remove patient from activity
Remove patient from direct sunlight
Place patient in a cool environment
Provide copious oral fluids
Remove patient's gear
Cool with fans & mist bottles

MODERATE

(Heat Exhaustion)

All of the above
Remove patient's clothing
Provide IV fluids
Apply ice towels to body

SEVERE

(Heat Stroke)

All of the above
Apply ice to neck, groin and axilla
Partial submersion in cool water
EVAC / Activate EMS

The Kleiner Exertional Heat Illness Scale is based on the operator's physiological signs & symptoms. KEHIS is a clinical tool for determining severity, monitoring changes and prescribing treatment for soldiers/officers suffering from acute exertional heat illness. The degree of illness may be expressed more precisely by the sum of the scores, which range from 0 to 25. This scale is only valid when it is applied to military or law enforcement operators engaged in physical activity. This index is designed to act only as a guide and may not apply to every situation. Should an operator not respond to the suggested treatment, EVAC the operator / activate EMS and/or notify medical control immediately.



The Kleiner Exertional Heat Illness Scale
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