

## Orthostatic Vitals

**Always** take orthostatic vitals with any Heat Illness, ALOC, Near Syncope Episode < dizzy, lightheaded, unknown illness, etc. Always take orthostatic vitals manually. Do not use an electronic BP cuff or pulse oximeter.

- 1) Have employee lie down  
After 5 min take B/P, Heart Rate & Respirations
  
- 2) Have employee sit  
After 1 min take B/P, Heart Rate & Respirations
  
- 3) Have employee stand  
After 1 min take B/P, Heart Rate & Respirations

### Positive results-

- If B/P drops Systolic - 20mmhg  
Diastolic – 10mmhg
- If pulse increases by 20 bpm or is greater than 110b/min