

MSOS Sampson-TACO method

BETWEEN 1999 AND 2010, MORE THAN 8 THOUSAND HEAT-RELATED DEATHS WERE REPORTED IN THE U.S. AS TEMPERATURES RISE IN MID-MISSOURI THIS WEEK, EXPERTS WANT YOU TO KNOW ABOUT A QUICK COOLING METHOD THAT CAN SAVE LIVES.

CHRIS SAMPSON, AN EMERGENCY MEDICINE PHYSICIAN AT UNIVERSITY OF MISSOURI HEALTH CARE, SAYS THE TACO METHOD, SHORT FOR TARP ASSISTED COOLING WITH OSCILLATION, IS A RELATIVELY EASY WAY TO COOL SOMEONE DOWN QUICKLY. IF YOU COME ACROSS SOMEONE SUFFERING FROM HEAT STROKE OR HEAT EXHAUSTION, SAMPSON SAYS YOU CAN HELP COOL THEM DOWN BY GETTING THEM ONTO A TARP AND POURING ICE AND WATER OVER THEM. THE TARP HELPS THE COLD WATER GET IN CONTACT WITH ALL PORTIONS OF THEIR BODY, WHICH COOLS THEM DOWN FASTER.

“The TACO method is very important for people you may encounter that are confused, unresponsive or have passed out from the heat and will not wake up. These people often need rapid cooling in order to help save their lives.”

SAMPSON ADDS THAT PEOPLE SHOULD STILL CALL AN AMBULANCE AFTER COOLING THE PERSON DOWN, BUT THAT TAKING ACTION BEFOREHAND COULD MAKE A LIFE-SAVING DIFFERENCE.

I'M BRIAN CONSIGLIO, WITH A MIZZOU SPOTLIGHT ON SCIENCE.