



H's & T's

Reversible Causes of Cardiac Arrest



H's		T's	
Hypovolemia		Tension Pneumothorax	
Hypoxia		Tamponade	
Hydrogen Ion Excess -Acidosis-		Toxins	
Hypoglycemia		Thrombosis -pulmonary embolus-	
Hypokalemia		Thrombosis -myocardial infarction-	
Hyperkalemia			
Hypothermia			

EMS Goal: Rapid completion of multiple life-saving interventions