

hypothermia

Hypothermia is the rapid, progressive mental and physical collapse resulting from decreasing inner body temperature. This condition isn't isolated to very cold climates, and in fact, hypothermia is the number one killer of outdoor recreationalists. The most dangerous temperatures are between 0-10 degrees Celsius because the potential for hypothermia is typically underestimated at these temperatures. Proper precautions must be taken when dealing with cold, wet and windy conditions.

Signs & Symptoms (mild to severe):

- Shivering, feeling cold
- Loss of coordination
- Fatigue
- Slurred speech
- Loss of muscular coordination
- Shock
- Uncontrollable shivering
- Disorientation (may appear intoxicated)
- Decreased consciousness
- Hallucinations
- Shivering reduced or absent (SEVERE)
- An overwhelming desire to sleep
- Loss of consciousness

TIP

Stay dry! Wet clothes keep you cold and lose 90% of their insulating abilities. Get out of wet clothes as soon as possible, and warm up with a dry blanket.

Treatment:

- Remove victim from the cold and or windy environment
- Remove all wet clothes
- Warm the victim's inner temperature
 - o Warm drinks (non-alcoholic)
 - o Blankets
 - o Huddle position
 - o Heat packs to head, neck & body
- **Call 911 immediately:** if the victim is unconscious, confused or they do not improve quickly

TIP: The victim may deny they are in trouble. Believe the symptoms, not the person.

NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.

