

Hypothermia - a lowering of the body's core temperature caused by over-exposure to cool temperature, cool wind or water.

Oral Body Temperature	Degree of Hypothermia	Signs and Symptoms	Cardiorespiratory Responses	Level of Consciousness
98.5 - 95 F	Mild	Shivering; chilliness; skin starts to go numb	Normal Pulse; normal respiration	Withdrawn
94.9 - 90 F	Mild	Loss of Coordination	normal Pulse; slowing respirations	Confused
89.9 - 85 F	Moderate	Lethargy	Slow Pulse; slow respirations	Sleepy
84.9 - 80 F	Severe	Shivering stops; dilation of pupils; Coma	Weak Pulse; arrhythmias; slow respirations	Irrational
79.9 - 75 F	Severe	Apparent Death	Ventricular fibrillation; cardiac arrest	Unconscious

Three factors are major causal factors in hypothermia:

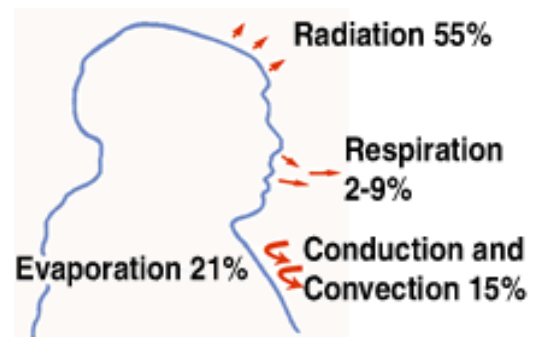
COLD	WIND	WATER
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COLD The body must work harder to regulate heat; contact with cold air, water, snow, ground or clothing will cause heat losses due to conduction.

WIND Wind will cause heat loss due to convection, and will accelerate heat loss due to evaporation.

WATER If submersed in water, heat will be lost due to conduction and convection. At a water temperature of 32 degrees death occurs in 15 minutes; at 70 degrees survival for as long as 48 hours has been observed. Loss of heat by evaporation is a major contribu

THE HYPOTHERMIC PATIENT ISN'T DEAD UNTIL HE'S WARM AND DEAD.



Treatment of Hypothermia

Two things should be considered in treatment:

1. Evacuation to a medical facility is possible or impossible
2. The stage of hypothermia

Mild - Moderate hypothermia:

- 1 Get the patient to shelter as soon as possible
- 2 Remove wet clothing and replace with dry clothing
- 3 Keep the patient laying down.
Place the patient in a sleeping bag with a second rescuer of normal body temperature.
- 5 Warm stones or bottles can also be placed in the bag (do not burn patient)
- 6 Make sure all extremities and exposed area are protected.
If the able to swallow, give the sugar and sweet, warm (not hot) fluids by mouth.
- 7
- 8 Seek medical help as soon as possible. **DO NOT RETURN TO ACTIVITY.**

Severe hypothermia:

- 1 **DO NOT ASSUME THE PATIENT IS DEAD!**
- 2 **BE VERY GENTLE WITH THE PATIENT.**
- 3 Cut away wet clothing and replace with dry clothing.
- 4 Maintain an airway
- 5 Start CPR if no heart sounds or respirations are apparent.
- 6 Send someone else for help or call out for help.
- 7 **DO NOT** attempt to rewarm patient unless evacuation is **IMPOSSIBLE.**
- 8 If evacuation is **IMPOSSIBLE** review process listed above.

Prevention of Hypothermia

- Dress for current and possible conditions.
- Have at least one wool garment of the upper and lower parts of your body. (wool is the only material with any insulating value when wet.)
- Carry or wear a windproof, waterproof garment.
- **ALWAYS** have a wool hat and wool mittens. (If room is available, carry a spare hat and mittens.)
- Wear suitable boots with wool socks. **ALWAYS** have extra wool socks.
- Dress in layers. It's better to have too many layers than not enough.

**THE KEY TO KEEPING WARM IN
COLD CLIMATES IS THE WORD **C-O-L-D****



keep it — **C** lean
avoid — **O** verheating
wear it — **L**oose in layers
keep it — **D**ry

