

**Hypothermia** - a lowering of the body's \_\_\_\_\_ caused by over-exposure to \_\_\_\_\_ temperature, \_\_\_\_\_ wind or \_\_\_\_\_.

Oral Body Temperature	Degree of Hypothermia	Signs and Symptoms	Cardiorespiratory Responses	Level of Consciousness
	Mild	Shivering; chilliness; skin starts to go numb	Normal Pulse; normal respiration	
	Mild	Loss of Coordination	normal Pulse; slowing respirations	
	Moderate		Slow Pulse; slow respirations	
	Severe	Shivering stops; dilation of pupils; Coma	Weak Pulse; arrhythmias; slow respirations	
	Severe		Ventricular fibrillation; cardiac arrest	

Three factors are major causal factors in hypothermia:

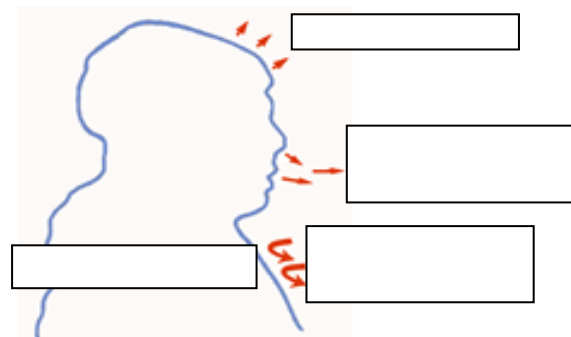
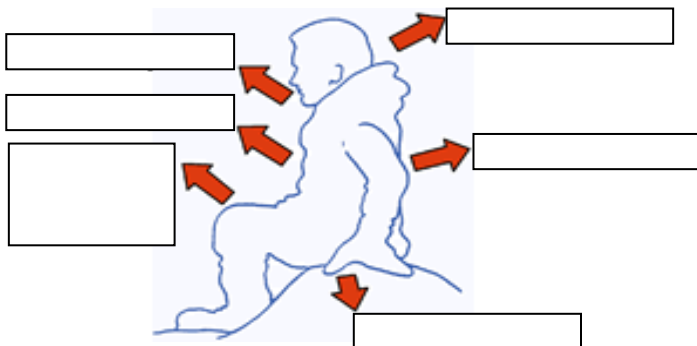
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The body must work harder to regulate heat; contact with cold air, water, snow, ground or clothing will cause heat losses due to \_\_\_\_\_.

Wind will cause heat loss due to \_\_\_\_\_, and will accelerate heat loss due to evaporation.

If submersed in water, heat will be lost due to conduction and convection. At a water temperature of \_\_\_\_\_ degrees death occurs in \_\_\_\_\_ minutes; at \_\_\_\_\_ degrees survival for as long as \_\_\_\_\_ hours has been observed. Loss of heat by evaporation is a major contributor also. Wet skin or clothing will cool off the body quickly, especially if it is windy and/or cold.

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



**Treatment of Hypothermia**

Two things should be considered in treatment:

1. \_\_\_\_\_n to a medical facility is possible or impossible
2. The \_\_\_\_\_ of hypothermia

Mild - Moderate hypothermia:

- 1 Get the patient to \_\_\_\_\_ as soon as possible
- 2 Remove wet clothing and replace with \_\_\_\_\_
- 3 Keep the patient \_\_\_\_\_.  
Place the patient in a sleeping bag with a \_\_\_\_\_ of normal body
- 4 temperature.
  
- 5 Warm stones or \_\_\_\_\_ can also be placed in the bag (do not burn patient)
- 6 Make sure all extremities and \_\_\_\_\_ are protected.  
If the able to swallow, give \_\_\_\_\_ and \_\_\_\_\_, \_\_\_\_\_ (not hot) fluids by
- 7 mouth.
- 8 Seek medical help as soon as possible. DO \_\_\_\_\_ TO ACTIVITY.

Severe hypothermia:

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

### **Prevention of Hypothermia**

- Dress for \_\_\_\_\_ and \_\_\_\_\_ conditions.
- Have at least one \_\_\_\_\_ 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. \_\_\_\_\_ 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	<input type="text"/>
avoid	—	O	<input type="text"/>
wear it	—	L	<input type="text"/>
keep it	—	D	<input type="text"/>

