

INFORMATION

HYPOTHERMIA

WHAT IS HYPOTHERMIA?

Hypothermia is dangerous and occurs when core body temperature falls below 35°C for 30 minutes or more. Hypothermia can occur when on land, following cold water shock after sudden or prolonged immersion in cold water.

Signs of hypothermia include:

- Confusion
- Loss of coordination
- Shivering stops
- Body rigidity and fatigue



Hypothermia occurs in 30 minutes or more following exposure to cold conditions

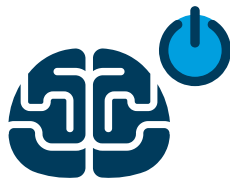
EMERGENCY MANAGEMENT

- Call 000 for medical help
- Warm the person up slowly. Do not use direct heat (eg, hot water bottles or fires)
- Wrap them in a blanket. Cover the head, leaving the face uncovered
- If conscious, give them a sweet warm drink. Do not give them alcohol or caffeine

RISKS OF HYPOTHERMIA



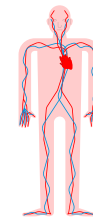
Unconsciousness



Shutdown of vital organs



Irregular heart beat and other cardiac issues



Loss of blood flow



Fatal and non-fatal drowning

HOW TO STAY SAFE

- Do not immerse yourself in cold water intentionally
- Wear a lifejacket in and around the water
- Exit the water immediately if you feel cold
- Remove wet clothing immediately and change into dry clothes

HEAT ESCAPE LESSENING POSTURE (HELP)

If you accidentally fall into cold water, adopt the HELP technique:

- Keep your head out of the water
- Keep your clothes on to help retain heat
- Bring your knees to the chest
- Press both your arms against your sides
- Keep movement to a minimum and stay calm
- Huddle with others, if possible