



# January Safety

## HYPOTHERMIA SAFETY TIPS

### Detect

Hypothermia occurs when the body's temperature drops below 95 degrees.

Symptoms include:

- Change in mental status (stumbles, bumbles, grumbles and mumbles are signs that cold is affecting the body and brain)
- Uncontrollable shivering
- Cool abdomen and a low core body temperature
- Severe hypothermia may produce rigid muscles, dark and puffy skin, irregular heart and respiratory rates, and unconsciousness

### Treat

Get the victim out of the cold and protect from further heat loss with blankets. Call EMS. Be sure to cover the victim's head and replace wet clothing with dry.

Handle the victim gently because rough handling can be life threatening.

Keep the victim in a horizontal position and be prepared to give artificial respiration or CPR.

### Prevent

Wear multi-layered clothing

- Inner layer that wicks sweat away from skin such as lightweight wool, polyester, or polypropylene. Don't use moisture absorbing cotton.
- Middle layer that insulates and keeps heat in such as polyester fleece, wool, microfiber insulation, or down.
- Outer layer should repel wind, snow and rain.

- Gloves or mittens and warm waterproof shoes or boots
- Wear warm headgear, scarf or neck warmer and face mask
- Eat a well-balanced diet
- Drink warm, non-alcoholic, caffeine-free liquids to maintain fluid levels

Avoid becoming wet, as wet clothing loses 90 percent of its insulating value

