

Hypothermia

When the body loses heat to the environment faster than it can produce heat, the core temperature starts to drop.

Types of Hypothermia

- Acute: Immersion or submersion in cold water. Can take minutes or hours.
- Chronic: A slow onset that can take days or even months.
- Sub-Acute: “exposure” or mountain hypothermia – occurs over several hours or perhaps a day or more. Worst combination is cold temps and being wet.

Mild Hypothermia

- Signs and Symptoms
 1. Loss of fine motor skills
 2. Mild stupidity
 3. Lack of judgment
 4. Confusion
 5. Apathy
 6. Pale and cool skin

Moderate Hypothermia

- Signs and Symptoms
 1. Uncontrollable shivering
 2. Slurred speech
 3. Increased confusion
 4. Increased stumbling
 5. Cold and pale
 6. Around 95 degree core temperature

Severe Hypothermia

- Signs and symptoms
 1. Cessation of shivering
 2. Low level of consciousness
 3. Muscle rigidity
 4. Slow respirations and little or no pulse
 5. Cold and cyanotic skin
 6. Core temperature 90 and below

First Aid

- Replace damp clothing immediately
- Insulate and windproof
- Food and water
- Exercise may help mild patients
- Hot water bottles and packs
- Severe: Burrito wrap – must be careful