

Hypothermia

Hypothermia occurs when the body loses heat faster than heat can be produced and body temperature drops below normal.

<p>Look First</p> <p><i>Check outside temperature and yourself frequently.</i></p>	<p>Preventing Hypothermia</p> <ul style="list-style-type: none"> • Check the temperature and wind chill. • Outdoor activities should be for short time periods, especially for children. • Play indoors at temperatures below - 25C, regardless of the wind chill <p>Identifying Hypothermia</p> <ul style="list-style-type: none"> • Remember about the person who “umbles”. A person who stumbles, mumbles, fumbles and grumbles may be developing hypothermia • Cold and pale skin, impaired judgment and uncontrolled shivering are warning signs of developing hypothermia
<p>Get Trained</p> <p><i>Know how to prevent and treat hypothermia.</i></p>	<p>Preventing Hypothermia</p> <ul style="list-style-type: none"> • Keep moving to allow circulation to get to all the body parts • Come in from the cold regularly to get warm. <p>Treating Hypothermia</p> <ul style="list-style-type: none"> • Move to a warmer environment. • Change out of any wet clothes to dry clothes. • Give warm drinks if the person is alert- water, juice, milk, or hot chocolate. • Do not give alcoholic beverages • Put warm water bottles or warm heating pads in the armpits and groin • Give high-energy food if the person is alert. • Call an ambulance if the person becomes unconscious
<p>Wear the Gear</p> <p><i>Dress for the weather and activities.</i></p>	<p>Preventing Hypothermia Dress warmly and in layers</p> <ul style="list-style-type: none"> • Hat- 30% of body heat is lost through the head and back of neck • Boots- Be sure boots are dry and not too tight to allow circulation • Mittens Keep hands warmer than gloves. • Socks- A single pair of socks is best, either wool or a wool blend; cotton socks offer no insulation when wet. • Sitting on a cold surface will increase your risk of hypothermia.
<p>Stay Sober</p> <p><i>Avoid alcohol and/or drugs.</i></p>	<p>Preventing Hypothermia</p> <ul style="list-style-type: none"> • Drink fluids. Dehydration can increase your risk of hypothermia. Hot apple cider or herbal teas are a great way to stay hydrated. • Avoid alcoholic beverages. Alcohol interferes with the body’s ability to regulate body temperature. • Avoid caffeinated beverages. Caffeinated drinks like coffee or tea can dehydrate you. • Be alert to changing weather conditions.
<p>Buckle Up</p> <p><i>Keep the heat in.</i></p>	<p>Preventing Hypothermia: Remember C-O-L-D</p> <p>Cover your head, neck and face. Most of your heat is lost from this area.</p> <p>Overexertion leads to sweating. This can cause you to become chilled more quickly.</p> <p>Layer clothing to protect against the wind and cold.</p> <ol style="list-style-type: none"> 1. Snug inner layer that allows sweat to escape { thin, synthetic long underwear }. 2. Insulating layer should be loose and warm { wool or fleece sweater }. 3. Windproof and waterproof layer to keep out the wind and wet. <p>Dry clothes keep you warm. Wet items need to be replaced as soon as possible</p>