

HYPOTHERMIA

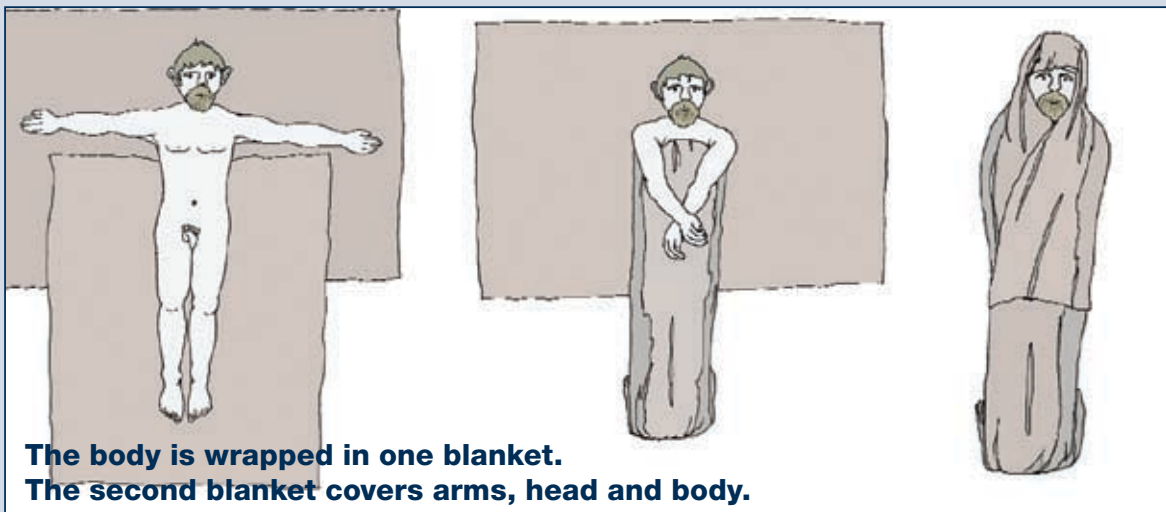
It can be difficult to aid a person suffering from hypothermia. When the body temperature drops, the person loses muscle control which leads to muscle mis-coordination. He may experience confusion and muddleheadedness and have trouble following a simple instruction, e.g. assembling a lifebuoy. Severe hypothermia results in unconsciousness. It is vital to seek information about the accident in order to give the best possible medical treatment and enhance the chance for survival.

Conscious, hypothermic persons (slight to moderate hypothermia)

Symptoms	Own ability to maintain bodyheat
Slight hypothermia: <ul style="list-style-type: none"> • Severe shivers • Uncoordinated movement • Incoherent/irrational behaviour 	Good
Moderate hypothermia: <ul style="list-style-type: none"> • Muscle shivers • Impaired consciousness • Odd behaviour • Dilated pupils 	Limited

Treatment

1. Take the person inside to room temperature
2. Remove any wet clothes
3. Wrap him in unheated blankets or several layers of dry clothes
4. If the person can easily swallow, give warm sweetened fluids to aid the warming (not alcohol, coffee or tea)
5. No smoking
6. Keep him under surveillance until he regains a normal body temperature
7. Contact Radio Medical if necessary



Unconscious, hypothermic persons (severe hypothermia)

Symptoms	Own ability to maintain bodyheat
Severe hypothermia: <ul style="list-style-type: none"> • Stiffness • Weak or absent vital signs • No response to pain stimuli • Dilated pupils • Possible cardiac arrest 	Absent

Treatment of unconscious persons with or without respiration

1. Take the person inside to room temperature
- 2 Give oxygen with an oxygen mask, 9 litres / minute Carefully remove any wet clothes (cut through clothes)
3. Avoid unnecessary movement. Do not rub the person's limbs as this may cause cardiac arrest.
4. Wrap him in unheated blankets (preferably with a foil blanket inside for insulation)
5. Check his breathing at least 10 seconds (look, listen and feel). If there is no breathing, start CPR (compress 30 times + rescue breathe twice)
6. Move him horizontally if he needs to be moved
7. Keep him under surveillance
8. Contact Radio Medical

It can be difficult to determine whether a severely hypothermic person is dead or apparently dead. When a person is apparently dead he is unconscious and not responsive to pain. It may be difficult to measure breathing and pulse and the limbs are frozen stiff.

Heart starter (Automated External Defibrillator – AED):

Use the AED if it is present. If the person is severely hypothermic, use only once. Turn off AED, continue CPR. When the person is reheated use the AED again.

Keep in mind:

When hypothermic, the human body can do without oxygen for a longer period of time than when the body temperature is normal. Therefore you must also exercise CPR for an extended period of time.