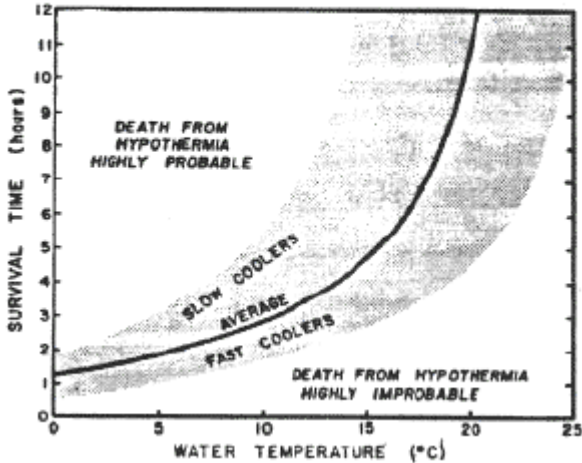


Hypothermia In Water

Hypothermia is defined as a body core temperature less than 35 degrees Celsius. Decreased consciousness occurs when the core temperature falls to approximately 32 to 30 degrees.

Get on top of an over-turned boat or any wreckage !



Heart failure is the usual cause of death when the core temperature cools to below 30 degrees. The body loses heat to the water about 30 times faster than in air

The positions **HELP** and **HUDDLE** are designed to reduce body heat loss in water.



Arms close to sides of the chest, legs crossed & pulled up closing the groin area

In the huddle position, keep close together and still - to keep colder water out. The huddle helps small children survive longer !



Carry a WHISTLE with you! (A Fox 40 is highly recommended)

Help Search and Rescue crews find you!



Keep calm and make yourself visible



To swim or not to swim?

Swimming is an option but this leads to faster heat loss and exhaustion, even a strong swimmer would not be able to swim more than one kilometer in calm water. Cramp and hypothermia develop more quickly; usually a victim becomes semiconscious and is likely to drown.

Swimming increases heat loss (increase by 35-50%) and is not recommended if you are more than one kilometer away from shore; adopt a heat conserving strategy (help or huddle) instead. Consider your circumstances carefully before deciding to swim, is there a favorable current to assist you etc.

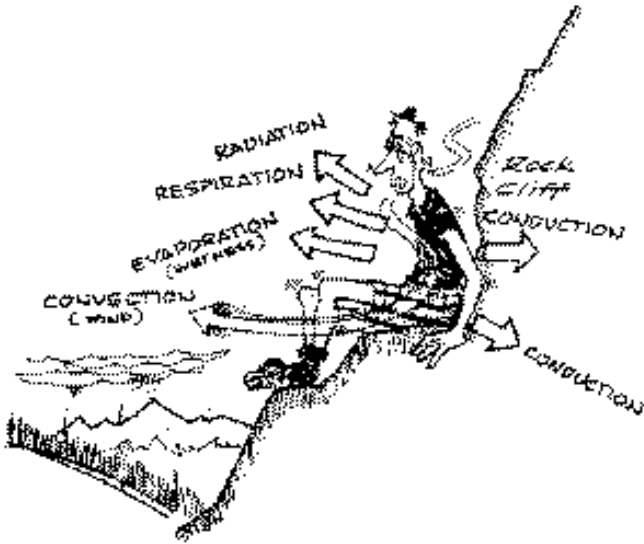
Drown proofing and treading water also lead to rapid heat loss, avoid if possible, wear a PFD! Do not remove clothing or shoes, they provide insulation (a jacket can trap air and assists floating).

Special note for divers. Scuba divers who get cold may run out of air faster as shivering increases demand for air. Don't panic or you will use up even more air.

When a diver ascends too quickly two major problems may arise: Air embolism and decompression sickness (bends). Transport such a victim rapidly to a decompression chamber. If transporting by air maintain a low altitude! Hypothermia in these cases protects against both air embolism and decompression sickness; re-warm during transportation to a decompression chamber

Hypothermia on Land

BODY HEAT LOSS - "HYPOTHERMIA"



**WIND AND WETNESS
TAKE AWAY BODY HEAT FASTER
THAN IT CAN BE PRODUCED.**



Signs of Hypothermia



Get victim into dry clothes and keep in a horizontal recovery position. If conscious give a warm drink

NO coffee or tea - and **NEVER ALCOHOL!** If in doubt, treat as severe hypothermia, remember to handle the victim very gently.

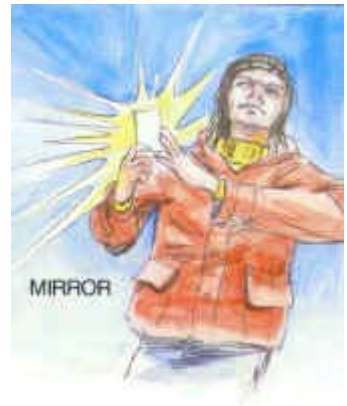
Get help, attract attention.

Assist Search and Rescue crews to find you on the ground



Carry a WHISTLE with you! (A Fox 40 is highly recommended)

Keep calm and make yourself visible.



Assist Search and Rescue crews spot you from the air.



If you find yourself in a survival situation, the first thing to do is prevent further heat loss.

Look for or make a shelter, keep out of the wind.



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