About HYPOTHERMIA

What are symptoms of a Hypothermic state?

Hypothermia is a general cooling of the body core temperature, impairing judgement, and the ability to self-care, while potentially causing cardiac arrest or death. Hypothermia can be caused by injury, trauma, immersion in cold water, and cold-weather unpreparedness.

Hypothermia can be prevented by wearing loose wool and polypropylene layers, covering head and neck, staying dry, hydrated, well-fed, and checking in with your crewmates. Be aware of numbness in hands and feet, and do not continue to work without fixing these issues.

1-10-1 is mnemonic device describing what happens when you accidentally immerse in cold water (70 degrees or cooler):
- You have 1 minute to catch your breath
- 10 minutes of meaningful movement
- 1 hour before hypothermia sets in

Heat escapes from the body 25 times faster in water.

The 3 Stages of Hypothermia:

Mild

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<th>Signs and Symptoms</th>
<th>Treatment</th>
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| Shivering          | Protect from further heat loss  
|                    | Remove wet clothing, add dry clothing  
|                    | Eat high calorie food, drink water (no alcohol)  
|                    | Cove head and neck  
|                    | Warm up in bunk, wrapped in blankets, sleeping bag, tarp or other dry clothing  
|                    | Do not return to work until recovered |

Moderate

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| Loss of motor skills  
| Slurred speech  
| Uncontrollable shaking | Wrap patient in blankets; add hot water bottle, hot potatoes, electric blanket  
|                    | Handle patient very gently  
|                    | Lay flat and keep flat to lessen stress on the heart  
|                    | No food or beverage, No standing or walking  
|                    | If patient stops shivering, evacuate immediately (make MAYDAY call), as condition is life-threatening |

Severe

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| No shivering  
| Can’t walk or move  
| Pale or cyanotic skin (blue/purple)  
| Dilated pupils  
| Pulse & breathing slow or indetectable  
| Unresponsive | Treat for moderate hypothermia, but immediate evacuation is required.  
|                    | Monitor vitals every 5 minutes  
|                    | If no breath or pulse is detected, start CPR |

Learn more about safety at sea at fishingpartnership.org