



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

| Signs and Symptoms | Treatment |
|--------------------|--|
| Shivering | <ul style="list-style-type: none"> • Protect from further heat loss • Remove wet clothing, add dry clothing • Eat high calorie food, drink water (no alcohol) • Cover 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

| Signs and Symptoms | Treatment |
|--|--|
| Loss of motor skills Slurred speech Uncontrollable shaking | <ul style="list-style-type: none"> • 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

| Signs and Symptoms | Treatment |
|---|---|
| No shivering Can't walk or move Pale or cyanotic skin (blue/purple) Dilated pupils Pulse & breathing slow or undetectable Unresponsive | <ul style="list-style-type: none"> • 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