

SAFETY FLASH 21-63: HYPOTHERMIA

In the water you are not able to hold your body temperature, the effect of hypothermia rises gradually as soon as the body temperature drops below 35°C.

GOOD PRACTICE

- ✓ Act quickly, it can minimize a cold shock.
- ✓ Prevent further hypothermia by:
 - Removing wet clothes of the victim as soon as possible;
 - Covering with good insulating material;
 - If available, using a stretcher;
 - Always putting a hat on a hypothermic victim.
- ✓ Notify emergency services.
- ✓ Continue to have reassuring conversations with the victim.
- ✓ Keep the victim in a horizontal position as long as possible.



BAD PRACTICE

- x Thinking falling into the water is not a big deal (if person is wearing a lifejacket).
- x Giving the victim alcohol (give the victim a hot beverage).
- x Letting the victim sit or walk around.
- x Putting the victim under a hot shower (let the victim warm up slowly).



Weather.gov/cold

ACTION QUESTIONS

- What materials do we have on board to prevent hypothermia from worsening? (Warm hat, insulation blanket, etc.)
- How do we recognize hypothermia/cold shock?
- Where would be a good place to put the victim? (For example on deck or inside?)

