

## Hypothermia

Stage	Symptoms	Temp. (°C)	Treatment
Normal Body Temperature		37	
<b>Mild</b>	<ul style="list-style-type: none"> <li>• Shivering</li> <li>• Decreased Pulse</li> <li>• Confusion</li> <li>• Inappropriate Behaviour</li> </ul>	34	<ul style="list-style-type: none"> <li>• <b>Minimize further heat loss</b></li> <li>• Remove wet clothing</li> <li>• Dry blankets and clothes</li> <li>• Monitor ABC's</li> <li>• NO Stimulants (ex. Coffee, alcohol)</li> <li>• Other Drinks ok if patient fully conscious</li> <li>• NO massaging</li> <li>• <b>Call EMS</b></li> </ul>
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<b>Moderate</b>	<ul style="list-style-type: none"> <li>• Decrease in level of Consciousness</li> <li>• Shivering Ceases</li> <li>• Heart rate may become irregular</li> <li>• Breathing rate falls</li> <li>• Pulse hard to locate</li> <li>• High Risk of Heart Attack</li> <li>• Dilated Pupils</li> </ul>	31	<ul style="list-style-type: none"> <li>• <b>Maintain ABC's</b></li> <li>• Transport ASAP</li> <li>• Oxygen</li> <li>• DON'T suppress shivering</li> <li>• Frequent Vital checking</li> <li>• Maintain ABC's</li> <li>• (Check Pulse rate for full minute)</li> <li>• NO Drinks</li> <li>• Use warm packs or hot water</li> <li>• (No direct skin contact)</li> <li>• Maintain ABC's</li> </ul>
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<b>Severe</b>	<ul style="list-style-type: none"> <li>• Coma May Develop</li> <li>• Increased Muscle Rigidity</li> <li>• Slow Heart Rate</li> <li>• May appear to have no pulse</li> <li>• May be no response to Pain</li> <li>• Usually Comatose</li> <li>• Spontaneous Cardiac Arrest</li> <li>• Fluid in Lungs</li> <li>• Max. risk of Heart Attack</li> <li>• Heart activity usually ceases</li> </ul>	28	<ul style="list-style-type: none"> <li>• NO Drinks</li> <li>• Use warm packs or hot water</li> <li>• (No direct skin contact)</li> <li>• Maintain ABC's</li> </ul>
		↓	
		25	
		↓	
		16	
		9	
	<ul style="list-style-type: none"> <li>• Lowest Accidental Hypothermia Survivor</li> <li>• Lowest Induced Hypothermia Survivor</li> </ul>		

## Hyperthermia

Heat Cramps

Heat Syncope

Heat Exhaustion

Heat Stroke