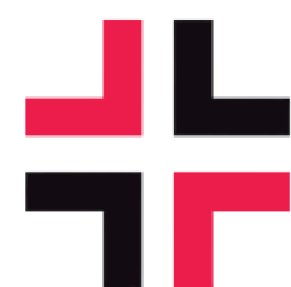


FIRST AID FOR HYPOTHERMIA



AUSTRALIAWIDE
FIRST AID

What Is Hypothermia?

A



Hypothermia is when a body's internal temperature drops below 35 degrees Celsius.

What Causes Hypothermia?

B

Hypothermia occurs when a person loses body heat in a cold environment, and their muscles and organs stop working to preserve heat for the brain.



Signs And Symptoms For Hypothermia

C

Mild symptoms include shivering uncontrollably and fatigue. More severe symptoms include the absence of shivering and unresponsiveness.



First Aid For Hypothermia - Step One

STEP 01

Call Triple Zero (000) for an ambulance; remove the person from the cold environment; remove their cold, wet clothing; and, wrap them up in a blanket.



First Aid For Hypothermia - Step Two

STEP 02

If a person is fully conscious, give them warm, sweet drinks; once they commence shivering, reassess the level of heating; and, be prepared for sudden collapse and resuscitation.



First Aid For Hypothermia - Step Three

STEP 03

Do not attempt to warm the person up quickly by placing them in a hot bath, rubbing their skin, or giving them alcohol.

