### Purpose

To aid in preventing, recognizing and treating hypothermia.

### Responsibilities

* Master – Ensure this procedure is carried out as written and to make any changes needed to this procedure to ensure the safety of the crew.
* Crew – Follow the procedure below at the direction of the vessel master.

### Procedure

|  |  |
| --- | --- |
| **Step** | **Hypothermia** |
|  | **Prevention** |
|  | * If you end up in the water, the main areas you’ll lose heat from are your head/neck, chest, and groin. * If you are in the water alone, use the Heat Escape Lessening Position (HELP). Cross your arms and legs in front of you and tuck your chin toward your chest. * If you are in the water with other people, huddle together so the sides of your chests are touching. * If you get away from your crew mates, keep blowing your whistle or shouting out. |
|  | **Recognize the Symptoms** |
|  | * Shivering (or cessation of shivering) * Slurred speech or mumbling * Weak pulse * Slow, shallow breathing * Drowsiness * Confusion or memory loss * Loss of consciousness |
|  | **Treatment** |
|  | * Get the victim out of the water and to a warm, dry place. * Remove wet clothing if dry clothing is available or the environment is warm. * Prevent further heat loss by covering the head and neck. Wrap the victim in blankets. * Do not rub the surface of the body. * Use rescue breathing if the casualty’s breathing has stopped. * Do not lift the victim by the arms or legs. Elevating the limbs could cause a heart attack. * Apply heat slowly to increase the victim’s body temperature. Use things like warm towels, water bottles, or hand warmers applied to the head, neck and trunk. * Give warm drinks such as coffee, tea or cocoa – not alcohol * The condition is critical if the victim is getting stiff, is unconscious, or is showing signs of clouded consciousness such as slurred speech – even though the victim may not be shivering. Get medical assistance immediately. |