### 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

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| **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.
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|  | **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
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|  | **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.
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