

Hypothermia

- Severe body heat loss - body temp falls below 95°F
- MEDICAL EMERGENCY - a life threatening condition.
- Occurs when:
 - conditions are windy
 - clothing is wet
 - the individual is inactive
- Initial Symptoms
 - Shivering
 - dizzy, drowsy
 - withdrawn behavior
 - irritability
 - confusion
 - slowed, slurred speech
 - altered vision
 - stumbling
 - Stiff fingers
 - Strange behavior
- Late Signs & Symptoms
 - stops shivering
 - desire to lie down and sleep
 - heartbeat and breathing are faint or undetectable
 - Obvious mental deterioration
 - Incoherence
 - unconsciousness
- Treatment
 - prevent further cold exposure
 - evacuate immediately if severe hypothermia
 - remove wet clothing
 - Gradually rewarm
 - rewarm in dry clothing, blankets or sleeping bag
 - Place another person in a sleeping bag as an additional heat source
 - warm, sweet liquids if conscious
 - minimize handling of the unconscious victim with a low heartbeat so as to not induce a heart attack.
- Prevention
 - eat properly and often
 - warm liquids and water
 - Wear proper clothing (layers worn loosely)
 - keep active
 - stay dry
 - warming tents
 - get plenty of rest
 - buddy watch/observation/Patrol Leader checks

Frostbite

- The freezing of body tissues.
- Occurs at air temps below 32°F - skin freezes at 28°F
- Superficial frostbite (mild) - freezing of skin surface
- Deep frostbite (severe) - freezing of skin and flesh, may include bone
- Hands, fingers, feet, toes, ears, chin, nose, groin area

- Symptoms
 - initially redness in light skin or grayish in dark skin
 - tingling, stinging sensation
 - turns numb, yellowish, waxy, or gray color
 - feels cold, stiff, woody
 - blisters may develop
- Treatment
 - remove from cold and prevent further heat loss
 - remove constricting clothing and jewelry
 - rewarm affected area evenly with body heat until pain returns
 - when skin thaws it hurts!!
 - do not rewarm a frostbite injury if it could refreeze during evacuation or if victim must walk for medical treatment
 - do not massage affected parts or rub with snow
 - evacuate for medical treatment
- Prevention
 - wear clothing properly (layers and loosely)
 - keep socks and clothing dry (use poly pro/Thermax liner socks and foot powder/ change insoles also)
 - protect yourself from wind
 - keep face and ears covered and dry
 - drink hot fluids and eat often
 - keep active
 - insulate yourself from the ground (sleeping pad)
 - “Buddy System”
 - caution skin contact with super-cooled metals or fuel
 - seek medical aid for all suspected cases