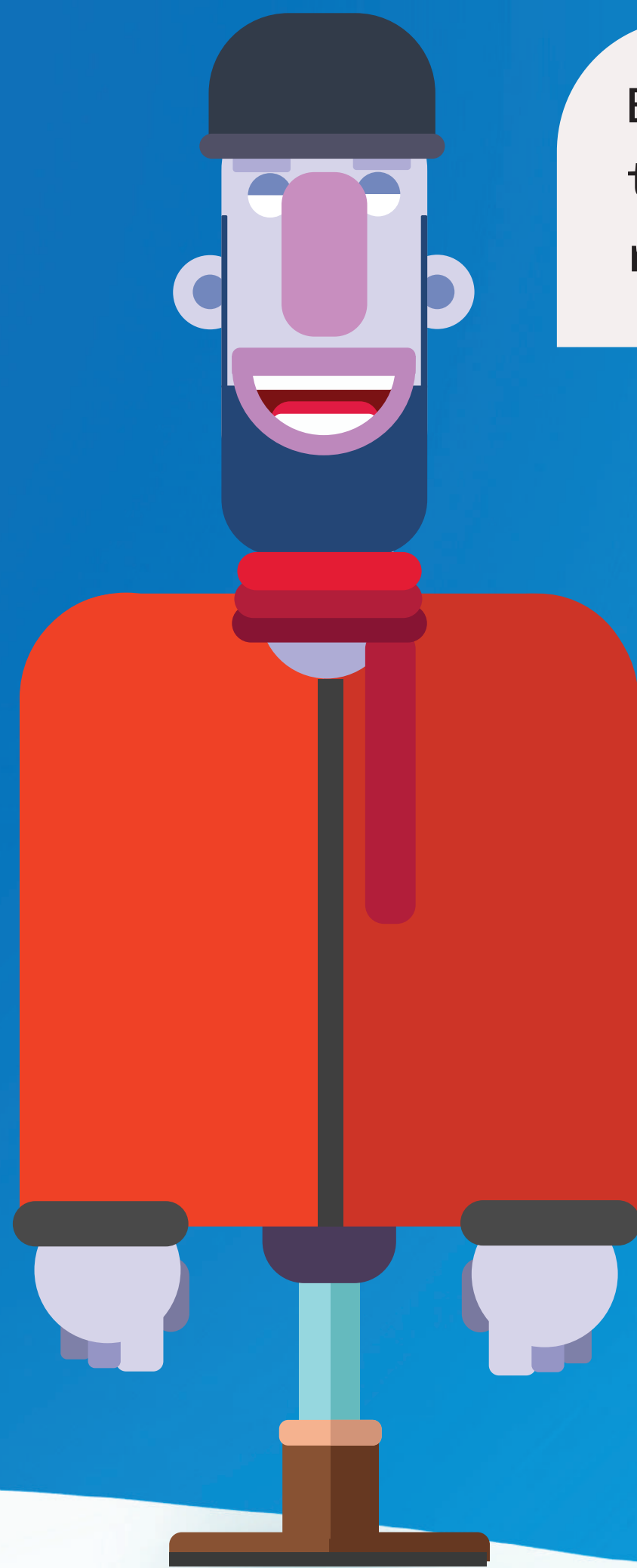


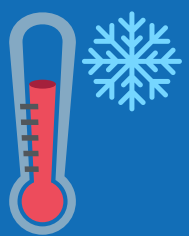
# HYPOTHERMIA

## CAUSES AND PREVENTION



Below is a set of tips to reduce the risk of Hypothermia!

### CAUSES



**LOW TEMP**



**COLD WINDS**



**WET CLOTHES**



**FATIGUE**

### PREVENTION



**WEAR WARM CLOTHES**

- LAYERED CLOTHING



**HEAT YOUR ENVIRONMENT**

- MOVE TO KEEP CORE TEMP UP



**PACE YOURSELF**

- STAY HYDRATED
- HAVE SOME SNACKS



**PROTECT HANDS AND FEET**

- STAY OUT OF WET AREAS
- KEEP CLOTHES DRY

# HYPOTHERMIA

## SIGNS AND SYMPTOMS



### MENTAL

- **POOR JUDGEMENT. FEEL GROGGY**
- **CAN'T THINK, SLURRED SPEECH**
- **UNCONSCIOUS.**



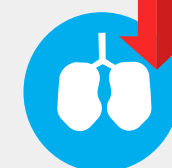
### HEARTRATE

- **NORMAL PULSE**
- **SLOWER, WEAKER PULSE**
- **NON-EXISTENT PULSE.**



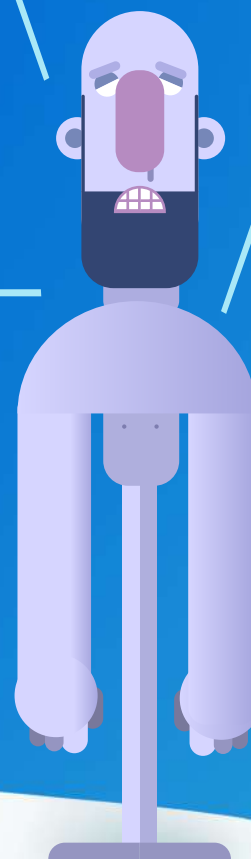
### PHYSICAL

- **BOUTS OF SHIVERING**
- **VIOLENT SHIVERING**
- **SHIVERING STOPS. NO MOVEMENT.**



### BREATHING

- **NORMAL BREATHING**
- **SHALLOW BREATHING**
- **LITTLE TO NO BREATHING.**



### CLASSIFICATION

- **MILD**
- **MODERATE**
- **SEVERE**