

A blue-tinted photograph of a snowy forest path. The path is covered in snow and leads through evergreen trees. The overall scene is serene and cold, with a strong blue color cast.

Hypothermia

The needless killer

Contents

- Hypothermia
- Body Core temperatures
- Causes of Hypothermia
- Symptoms of Hypothermia
- Early treatment
- Sever treatment
- Conclusion

Hypothermia

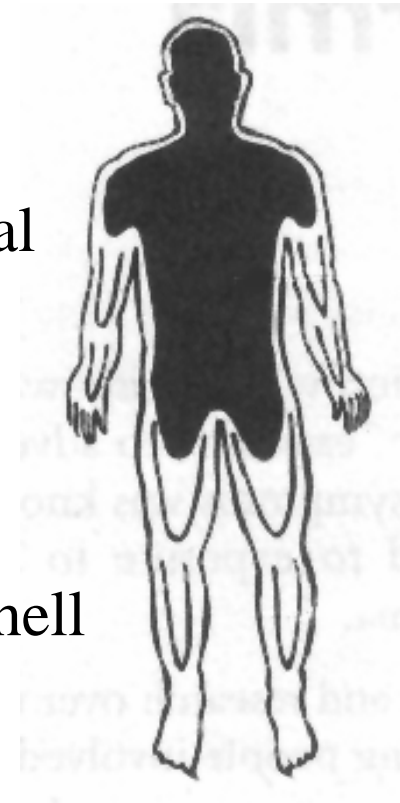
- Exposure
- Homeotherm, 37° Centigrade
- British Climate

What is the body vital core?

- The temperature of the bodies vital organs:
 - Head
 - Heart
 - Lungs
 - Liver
 - Kidney
 - etc

Body vital
Core

Body Shell



Bodies Core Temperatures

- 37°C Normal
- 35°C Shivering
- 33°C Skin Temperature
- 31°C Unconscious, but responds to stimulus
- 30°C Coma
- 28°C Death

Only 9°C between life & Death

Causes of Hypothermia

- Environmental
- Personal

Causes of Hypothermia

- Environmental
 - Wind-chill
 - Wet
 - Cold



Causes of Hypothermia

- Individuals:
 - Clothing
 - Sex
 - Physic
 - Training
 - Dehydration
 - Morale
 - Illness
 - Injury



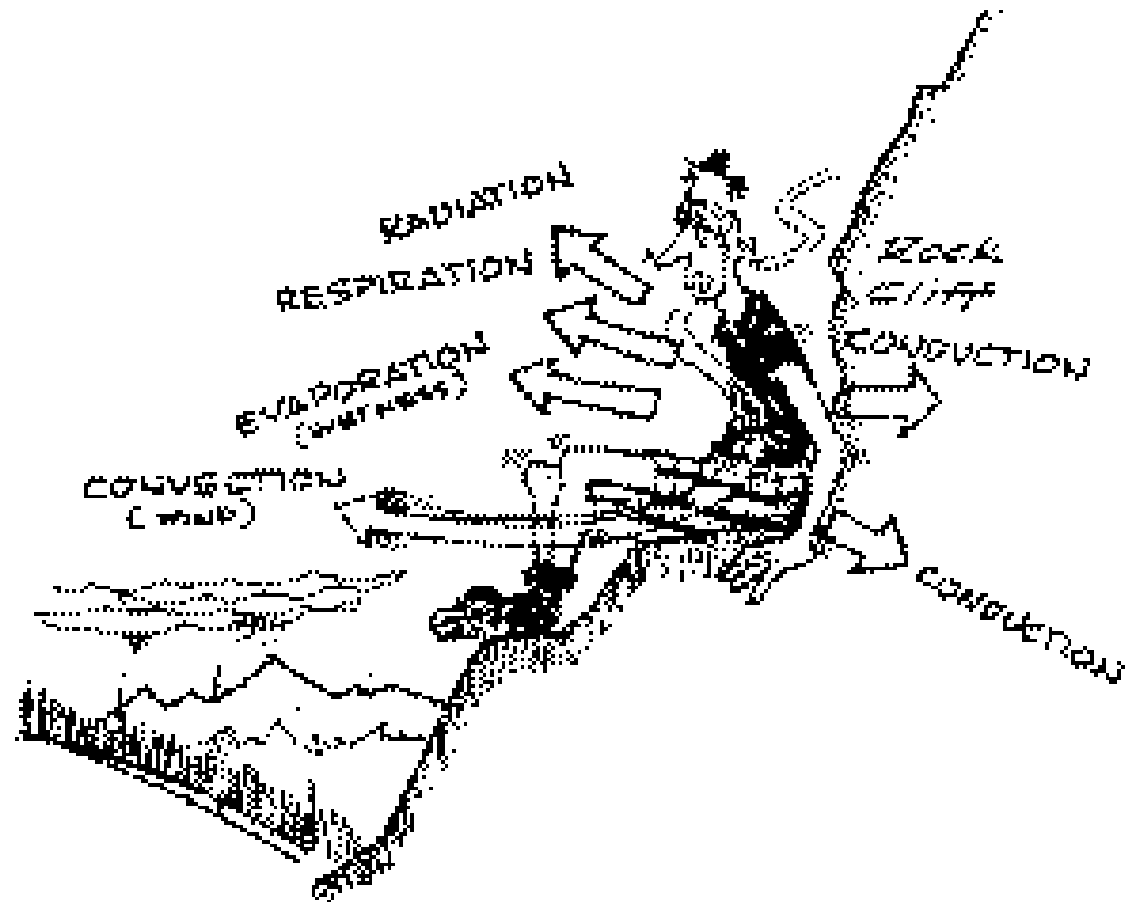
Symptoms of Hypothermia

Tired



Cold

- Loss of heat by:
 - Radiation
 - Respiration
 - Evaporation
 - Convection
 - Conduction



Numbness of Hands & Feet



Intermittent Bouts of Shivering



Uncontrolled Shivering



Body as cold as Marble

- Especially under the
arm-pits



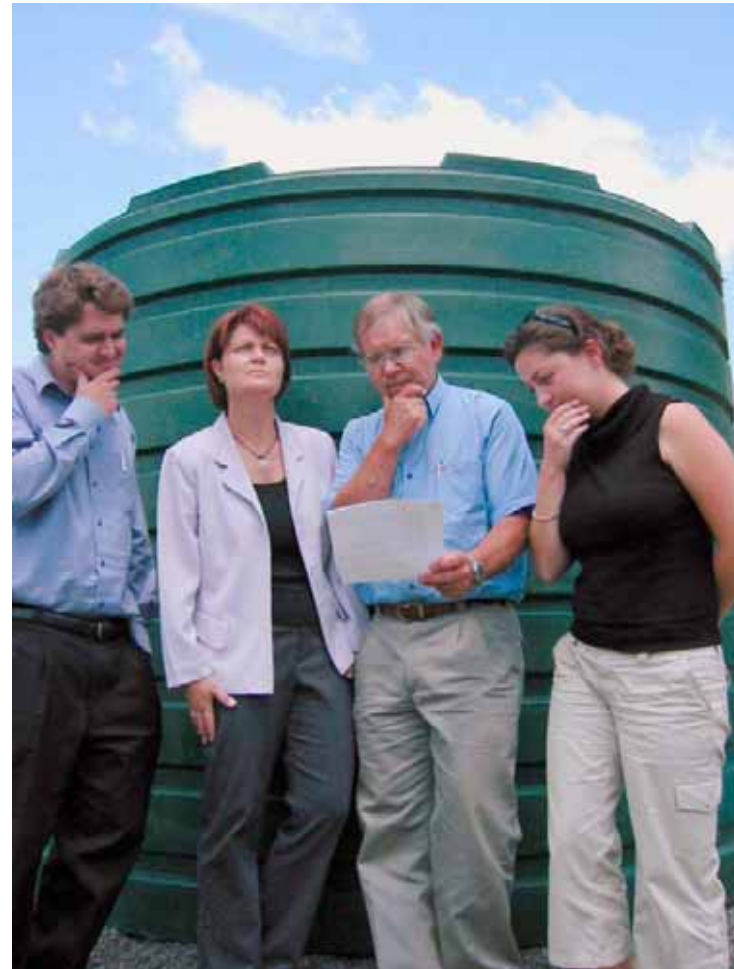
Unreasonable Behaviour

- Combined with complaining of being tied & cold



Physical & Mental Lethargy

- Failure to:
 - understand questions
 - follow directions



Slurring of Speech

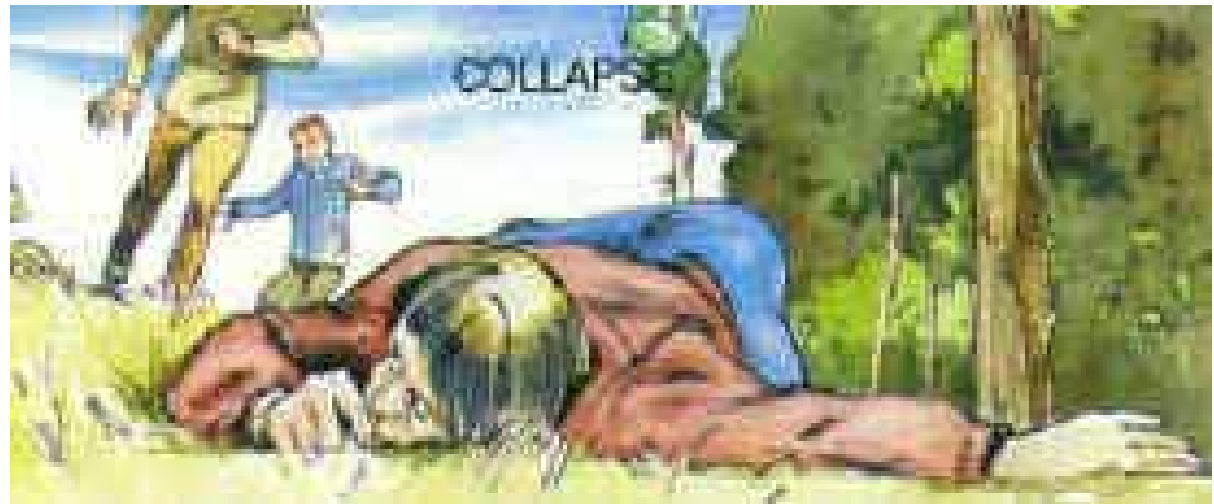


Violent Outbursts

- Unexpected surges of energy



Collapse



Symptoms Synopsis

- Environmental
 - Wind-chill
 - Wet
 - Cold
- Individual
 - Clothing
 - Sex
 - Physic
 - Training
 - Dehydration
 - Morale
 - Illness
 - Injury



Treatment of Hypothermia

- Early treatment
- Advanced stages

Early treatment

- Shelter
- Dry clothes
- Ground Insulation
- Hot drink
- Food
- Share warmth

>30 minutes to recover