



## Hypothermia

One of the major hazards you face when working in the cold is losing your body heat. If your body becomes so cold that it can no longer produce more heat than it loses, you are becoming a victim of hypothermia. With hypothermia, your vital organs and body systems begin to lose their ability to function.

Hypothermia often happens so slowly that you don't realize you're in danger. That's why it's important to be able to recognize the early signs. If untreated, hypothermia can lead to death.

### Danger signs of hypothermia

It is important to treat hypothermia in its early stages. If no action is taken, the condition may worsen and become moderate or severe hypothermia. Always stay on the lookout for early signs of hypothermia in both your co-workers and yourself.

Review the following three stages to help you recognize the danger signs.

#### Mild hypothermia

- Bouts of shivering
- Grogginess, poor judgment, muddled thinking, and abnormal behaviour
- Normal breathing and pulse

The onset of hypothermia may be *delayed*, so watch for early signs.

If you suspect hypothermia, monitor your condition or that of your co-workers, even *after* you have left work.

#### Moderate hypothermia

- Violent shivering, or shivering has stopped altogether
- Inability to think and pay attention (for example, victim cannot understand what is being said)
- Slow, shallow breathing, slurred speech, or poor body co-ordination (for example, a stumbling gait)
- Slow, weak pulse

#### Severe hypothermia

- Shivering stopped
- Unconsciousness
- Little or no breathing
- Weak, irregular, or non-existent pulse
- Dilated (wide open) pupils, so that the victim may appear dead but is still alive



Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



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