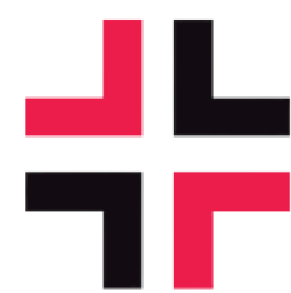


# FIRST AID FOR HYPOTHERMIA



AUSTRALIAWIDE  
FIRST AID

## What Is Hypothermia?

**A**



Hypothermia is when a body's internal temperature drops below 35 degrees Celsius.

## What Causes Hypothermia?

**B**

Hypothermia occurs when a person loses body heat in a cold environment, and their muscles and organs stop working to preserve heat for the brain.



## Signs And Symptoms For Hypothermia

**C**

Mild symptoms include shivering uncontrollably and fatigue. More severe symptoms include the absence of shivering and unresponsiveness.



## First Aid For Hypothermia - Step One

**STEP 01**

Call Triple Zero (000) for an ambulance; remove the person from the cold environment; remove their cold, wet clothing; and, wrap them up in a blanket.



## First Aid For Hypothermia - Step Two

**STEP 02**

If a person is fully conscious, give them warm, sweet drinks; once they commence shivering, reassess the level of heating; and, be prepared for sudden collapse and resuscitation.



## First Aid For Hypothermia - Step Three

**STEP 03**

Do not attempt to warm the person up quickly by placing them in a hot bath, rubbing their skin, or giving them alcohol.

