

30 6 mins.

HYPOTHERMIA and FROSTBITE (PM: 16-17; IG: 25-26)

Can set in within only a few minutes. Symptoms:

- **Skin discoloration** (red, white, purple, black)
- **Burning or tingling sensation**, at times not localized to the injury site
- Partial or complete **numbness, shivering, slurred speech, listlessness**

CREATE WARMTH SLOWLY! Thawing the frozen extremity too rapidly can cause chilled blood to flow to the heart, shocking it and potentially stopping it.

- **Remove wet clothing**, with permission
- Immerse in **warm water** (~107.6 degrees F)
- **Prone or recovery position** on blanket, cardboard (retain body heat)
- Wrap frostbite gently in **dry sterile dressing, and coverings**
- No massage (body moisture freezes, crystalizes; may cause damage to dermis)

31 2 mins.

HEAT STROKE

(PM: 17; IG: 27)

Symptoms:

Hot, red skin; Lack of perspiration/ sometimes moist skin; Changes in consciousness; and/or Rapid, weak pulse and rapid, shallow breathing.

Treatment:

1. Alert medical professionals asap; keep a close watch on the individual
2. Remove from heat into a cool environment.
3. Cool the body slowly, fanning; with chilled, wet towels, sheets, or into a cool bath.
4. SLOWLY drink water, at rate of ~4 oz. of water every 15 minutes. Too much too quickly causes nausea, vomiting.
5. DO NOT administer food or drink if vomiting, cramping, or loss of consciousness.