



area/less fat	
<ul style="list-style-type: none">▪ Little or no shivering▪ Inability to put on or take off clothing	
<ul style="list-style-type: none">• Medical Conditions<ul style="list-style-type: none">▪ Shock (hypoperfusion)▪ Head/spinal cord injury▪ Burns▪ Generalized infection▪ Diabetes and hypoglycemia▪ Drugs and poisons	
Signs and Symptoms of Hypothermia	
<ul style="list-style-type: none">• Shivering in mild cases (lack of, in more severe cases)• Numbness• Stiff or rigid posture• Drowsiness/mental status changes• Breathing changes<ul style="list-style-type: none">▪ Rapid (early)▪ Shallow, slow, absent (late)• Blood pressure (low to absent)• Poor motor function• Pulse changes<ul style="list-style-type: none">▪ Rapid (early)▪ Slow, weak, irregular, absent (late)• Muscle and joint stiffness• Skin<ul style="list-style-type: none">▪ Red (early)▪ Pale▪ Cyanotic▪ Stiff/hard (late)	
Passive vs. Active Rewarming	
<ul style="list-style-type: none">• Passive<ul style="list-style-type: none">▪ Allows body to rewarm itself	

<ul style="list-style-type: none"> • Put in supine position; elevate legs • Patient responsive/not nauseated: <ul style="list-style-type: none"> ▪ Transport/give small amounts of water • Patient unresponsive/vomiting: <ul style="list-style-type: none"> ▪ Transport/no water 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Signs & Symptoms of Heat Stroke</p> <ul style="list-style-type: none"> • Hot skin, dry or moist • Little or no perspiration • Weakness • Loss of consciousness • Rapid pulse • Possible seizures 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Emergency Care of Heat Exposure Patient with Hot Skin</p> <ul style="list-style-type: none"> • Remove patient from hot environment • Remove clothing • Administer high-concentration oxygen • Apply cool packs to neck, groin, armpits • Keep skin wet • Fan aggressively • Transport immediately 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Water Emergencies</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Drowning – death associated with immersion in water</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Near Drowning – Primary concerns:</p> <ul style="list-style-type: none"> • Everyone’s safety • Treat for spine injury • If cervical injury cannot be ruled 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

