

HYPOTHERMIA

*Definition:*

- A drop in the core body temperature, even as little as 1 to 2 degrees Celsius, from the normal of 36 degrees Celsius.
- Sometimes this can happen within minutes, other times it takes a while to take place.
- It is sometimes accompanied by frost bite.

*Causes & Prevention:*

- Exposure to the cold.
- Not being dressed properly.
- Damp weather or being wet.
- Being tired or dehydrated.

*Warning signs:*

- Feeling cold.
- Shivering, which will stop as the condition worsens.
- Becoming confused and disoriented.
- Slow pulse and breathing rates, and eventually unconsciousness.

*Helping:*

- Get medical help.
- Get them inside near a heat source.
- Remove wet clothing and replace with dry clothing.
- If conscious give them warm fluids to drink – slowly.
- Avoid alcohol, caffeine, and carbonated drinks.



FROST BITE

*Definition:*

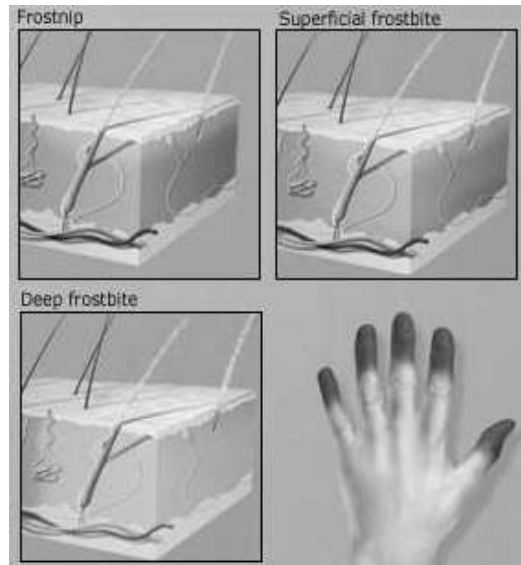
- A freezing of a body part, such as the hand, foot, face, etc. Superficial is the surface of the skin, whereas deep frost bite affects the underlying tissues.
- Sometimes this is accompanied by hypothermia.

*Causes & Prevention:*

- Exposure to cold, wind, wet conditions.
- Not wearing protective clothing.

*Warning signs:*

- Cold feeling.
- Numbness.
- Inability to use the body part.
- Tingling, then pain.
- As it gets worse all sensation will disappear.
- The skin will first appear white or yellowish. If the tissue dies it will become black charred color.



*Helping:*

- For deep frost bite get medical help.
- Warm up the body part slowly and gradually by wrapping it in warm clothing and/or submersing it in luke warm water – not hot water as it will burn the skin.

*Notes:*

- If there is a chance of the body part refreezing then it might be better to get medical help first before allowing it to warm up.
- Do not rub or force the body part to bend, this will cause more damage.

*Definition:*

- A situation where the body's temperature increases.
- Perspiration is the body's main method of regulating its temperature. As sweat evaporates off the skin heat is taken with it, as a result cooling down the body. If this method is impaired, or it can not keep up, the body will quickly over heat.

*Causes & Prevention:*

- Exercising in hot humid and/or polluted weather and becoming dehydrated.
- Drinking alcohol, caffeinated, or carbonated drinks (contributes to dehydration).
- Over using saunas, whirlpools, and warm environments such as gyms, and aerobic classes.

There are 3 levels of heat emergencies

<i>Levels</i>	<i>Warning signs</i>	<i>Treatment</i>
Cramps	-Painful muscular involuntary contraction. -Sweating or moist skin. -Tired, irritable, and thirsty.	-Removing them from the heat. -Gently stretch/massage affected area. -Slowly rehydrate with water, juice, or sport drinks. -Rest for a couple of hours. -Avoid alcohol, caffeinated and/or carbonated drinks.
Exhaustion	-Sweating. -Tired. -Irritable. -Thirsty. -Lethargic. -Slight headache. -Nausea. -Dizzy/weak. -May have slightly elevated body temperature.	-Remove from source of heat. - <i>Slowly</i> rehydrate by drinking water, juice, or sports drinks. -Rest is very important to prevent a re-occurrence. -Remove sweaty clothing. -Fan or gently cool the skin with wet towels or ice packs. -Avoid alcohol, caffeinated and/or carbonated. -If vomiting occurs get an ambulance.
Stroke (most serious)	-Elevated body temperature. -Very tired/weak. -Sweating may stop - this is not a good sign. -Severe headache. -Red hot dry skin. -Rapid, weak pulse becoming irregular, rapid breathing, or reduced/absent vital signs (consciousness, breathing, pulse).	-Remove from heat source. -Place in recovery position. -Call for an ambulance. -Monitor/treat ABCs. -Remove sweaty clothing. -Fan or gently cool the skin with cool towels or ice packs. -Do not douse with cold water. -At this point it is too late to give fluids by mouth and it may induce vomiting.