

HYPOTHERMIA SAFETY TIPS

****EACH BOATER AND PERSONAL WATERCRAFT OPERATOR SHOULD KNOW THE SIGNS, SYMPTOMS, HOW TO RESPOND AND TREAT HYPOTHERMIA****

HYPOTHERMIA: Early season or Post season people who participate in personal boating, watercraft, surfing and waterskiing pose certain risks that should become aware of, gain knowledge about and exercise caution with. Spring and the Fall are prime times to become exposed to hypothermia on the water.

HYPOTHERMIA is a condition that happens when your body temperature drops below 95 degrees. Factors such as water temperature, body fat, body size, and weight all play an important role in rapid decline of body temperature.

WHEN ENJOYING THE OPEN SEA IN COLD WEATHER

1. Wear a wet suit or a neoprene undergarment to help your body retain heat.
2. Wear a personal floatation device (PFD) such as a life jacket. This helps to keep you head above water and hold in your body heat.
3. Keep your head as dry as possible.
4. In a group cluster together.
5. Put yourself in a fetal position and try to stay afloat.
6. On your Watercraft: Pack a whistle
 - Pack extra clothing.
 - Pack a blanket.

SIGNS & SYMPTOMS OF HYPOTHERMIA

MILD HYPOTHERMIA: feet cold, shivering, speech slurs.

MODERATE HYPOTHERMIA: loss of muscle control, drowsiness, incoherent, sleepiness, exhaustion, irrational, shivering stops.

SEVERE HYPOTHERMIA: collapse, unconscious, respiratory distress.

TREATMENT FOR HYPOTHERMIA

Maintain heat, remove wet clothing, give warm drinks (no alcohol or caffeine), and keep warm for several hours. Place person in a Prone position, on the persons back. Do not agitate or stimulate legs or arms because when blood returns to extremities it may cause a heart attack. Call for help.

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