

In the water you are not able to hold your body temperature, hypothermia arises gradually and starts when the body temperature drops below 35°C.

GOOD PRACTICE

- ✓ Act quickly, it can prevent a cold shock.
- ✓ (Partially) being out of the water increases the chance of survival.
- ✓ Prevent further hypothermia by:
 - Taking off as much as possible of the wet clothing of the victim;
 - Covering with good insulating material;
 - If available using the stretcher;
 - Always put a hat on a hypothermic victim.
- ✓ Alert emergency services.
- ✓ Continue to have reassuring conversations with the victim.
- ✓ Keep the victim horizontally as much as possible.



BAD PRACTICE

- ✗ Thinking falling in the water is not a big deal (when someone is wearing a lifejacket).
- ✗ Giving the victim alcohol (give the victim a hot beverage, preferably with sugar).
- ✗ Letting the victim sit or walk around.
- ✗ Putting the victim under a hot shower (let the victim warm up slowly).



Weather.gov/cold

ACTION QUESTIONS

- What materials do we have on board to prevent further hypothermia (Warm hat, insulation blanket, etc.)
- How do we recognize hypothermia/cold shock?
- What would be a good place to lie down the victim? (For example on deck or inside?)

