

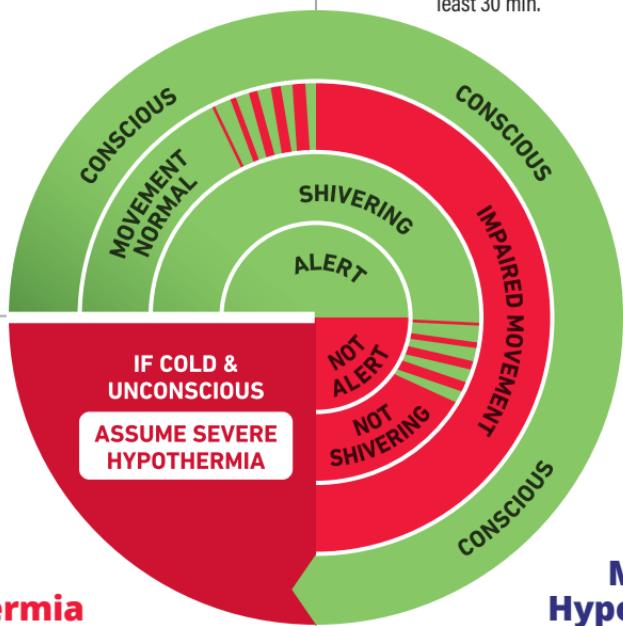
# ASSESSING A COLD PATIENT



1. From outside ring to centre: assess Consciousness, Movement, Shivering, Alertness
2. Assess whether **normal**, **impaired** or **no function**
3. The colder the patient is, the slower you can go, once patient is secured
4. Treat all traumatized cold patients with active warming to upper trunk
5. Avoid burns: following product guidelines for heat sources; check for excessive skin redness

## Cold Stressed, Not Hypothermic

1. Reduce heat loss (e.g., add dry clothing)
2. Provide high-calorie food or drink
3. Move around/exercise to warm up



## Severe Hypothermia

1. Treat as Moderate Hypothermia, and
2. 60-second breathing/pulse check
3. Not breathing... Start CPR
4. Evacuate carefully ASAP

## Mild Hypothermia

1. Handle gently
2. Have patient sit or lie down for at least 30 min.
3. Insulate/vapour barrier
4. Give heat to upper trunk
5. Give high-calorie food/drink
6. Monitor for at least 30 min.
7. Evacuate if no improvement

## Moderate Hypothermia

1. Handle gently
2. Keep horizontal
3. No standing/walking
4. No drink or food
5. Insulate/vapour barrier
6. Give heat to upper trunk
7. Evacuate carefully

**SUGGESTED SUPPLIES FOR SEARCH/RESPONSE TEAMS IN COLD ENVIRONMENTS:**

- |   |   |
|---|---|
| <b>1</b> - Tarp or plastic sheet for vapour barrier outside sleeping bag<br><b>1</b> - Insulated ground pad<br><b>1</b> - Hooded sleeping bag (or equivalent) | <b>1</b> - Plastic or foil sheet (2 x 3 m) for vapour barrier placed inside sleeping bag<br><b>1</b> - Source of heat for <b>each team member</b> (e.g., chemical heating pads, or warm water in a bottle or hydration bladder), or <b>each team</b> (e.g., charcoal heater, chemical / electrical heating blanket, or military style Hypothermia Prevention and Management Kit [HPMK]) |
|---|---|

**INSTRUCTIONS FOR HYPOTHERMIA WRAP "The Burrito"**

- 1. Dry or damp clothing:** *Leave clothing on*  
*IF Shelter / Transport is **less than** 30 minutes away,  
**THEN Wrap immediately***
- 2. Very wet clothing:** *IF Shelter / Transport is **more than** 30 minutes away, **THEN Protect patient from environment, remove wet clothing and wrap***
- 3. Avoid burns: follow product instructions; place thin material between heat and skin; check hourly for excess redness**

