

# Preventing Hypothermia

Working or playing in a cold and windy environment with improper or wet clothing can result in loss of body heat. When the body cannot maintain the heat loss, body core temperature will decrease. When body core temperature drops to 95F° (35°C) a condition called *hypothermia* will occur. The body will try to prevent this from occurring by constricting blood vessels and increasing energy consumption by shivering.

STAGES OF HYPOTHERMIA	BODY TEMPERATURE FAHRENHEIT (CENTIGRADE)	PHYSICAL SYMPTOMS
	98.6 (37)	Normal
MILD	95 (35)	Hypothermia Starts
	93.2 (34)	Shivering
	91.4 (33)	Pulse Slows
MODERATE	89.6 (32)	Confusion
	87.8 (31)	Shivering Stops
	86 (30)	Respiration Rate Drops
	84.2 (29)	Pulse Faint, Pupils Dilate
SEVERE	82.4 (28)	Muscular Rigidity Starts
	80.6 (27)	Loss of Feeling
	78.8 (26)	Comatose

## Hypothermia Treatment

STAGE	DO...	DON'T...
MILD	<i>Do</i> minimize heat loss	<i>Do not</i> use heat pads or hot water bottles
	<i>Do</i> move to a warm environment	<i>Do not</i> give coffee, tea, alcohol
	<i>Do</i> remove wet clothes	<i>Do not</i> suppress shivering
	<i>Do</i> wrap in dry blankets	
MODERATE	<i>Do</i> minimize heat loss	
	<i>Do</i> get medical help immediately	
SEVERE	<i>Do</i> minimize heat loss	

## Tips To “Cool The Cold”

- Get adequate rest
- Reduce or eliminate alcohol consumption
- Wear proper clothing (gloves, boots, hats)
- Eat light meals

Loss Control CFLO

- Protect exposed skin
- Change clothing if wet
- Use foul weather gear in wet environments
- Avoid windy, cold areas

For more information, contact your local Hartford agent or your Hartford Loss Control Consultant.

Visit The Hartford's Loss Control web site at

<http://www.thehartford.com/corporate/losscontrol/>

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