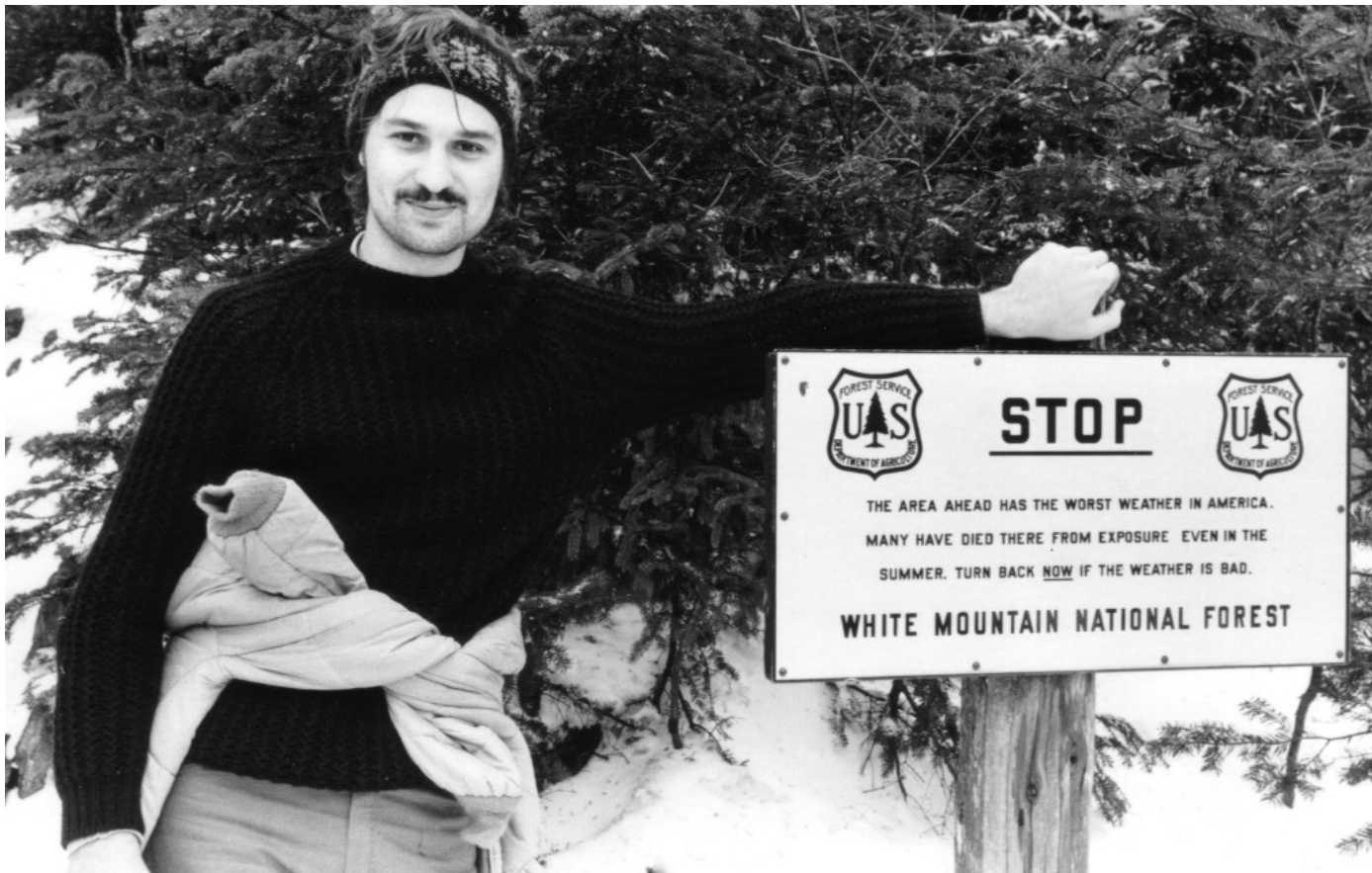


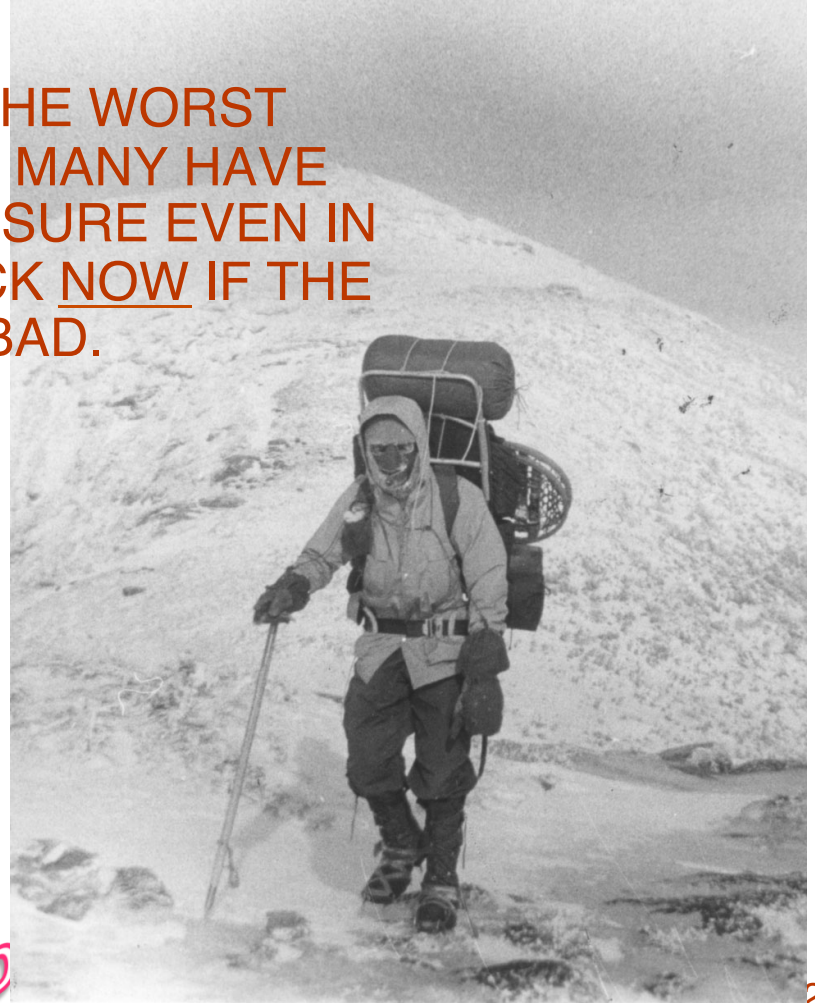
Hypothermia



Warning From White Mountain National Forest (NH) Sign

STOP

THE AREA AHEAD HAS THE WORST WEATHER IN AMERICA. MANY HAVE DIED THERE FROM EXPOSURE EVEN IN THE SUMMER. TURN BACK NOW IF THE WEATHER IS BAD.



Overview of Hypothermia

- Hypothermia is the lowering of the body's core temperature sufficient to cause illness
- Most hypothermia occurs in windy wet conditions at temperatures between 30 and 50 deg F
- Death can occur within 2 hours of the onset of symptoms
- For the purpose of treatment, we distinguish between:
 - » Mild hypothermia
 - » Moderate/severe hypothermia



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Recognizing Mild Hypothermia

- The patient in mild hypothermia
 - » has a core temperature of 90 to 95 deg,
 - » can still rewarm him/herself once removed from the cold
- Signs and symptoms of mild hypothermia
 - » Vigorous shivering
 - » Patient exhibits loss of fine motor coordination
 - » Patient displays uncharacteristic behavior including -
 - Poor decision-making
 - Lethargy
 - Confusion
 - » Remember four “umbles”

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Treating Mild Hypothermia

- Get patient out of the cold, wind and wet
- Protect from further cooling using insulation and vapor barrier
- Add heat to upper torso – body-to-body OK
- Support shivering with liquids and high calorie foods
- No standing or walking for 30 minutes – thereafter, increase exercise gradually
- Act immediately and do not leave patient alone



Summary of Moderate-to-Severe Hypothermia

- Very unusual in Southern California mountains
- Patient is no longer generating heat
- Patient has altered LOC or change in personality
- Handle patient very gently
 - » Cut off wet clothing
 - » Minimize movement of limbs
 - » Discourage exercise
- Maintain patient body temp by adding external heat
- Evacuation by SAR needed – send runners for help



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Suggestions on First Aid Training



How Much First Aid Training Do I Need for a Wilderness Accident?

Desired Outcome	First Aid Course
Treat single obvious FA issues such as blisters, cuts and sprains	Red Cross Standard First Aid or equivalent
Follow the directions of a lead first aider	Red Cross or SOLO (REI) 16 hour WFA course
Manage the accident scene and direct other first aiders or work as a solo first aider	WFAC (26 hours) or WMA or WMI or SOLO 36 hour WFA course



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Wilderness First Aid Course

- Twenty six hour course (Friday - Sunday) taught at lodge on Mt. Baldy
- Recognized by Angeles Chapter, Nat'l SC, Philmont Scout Ranch, OC BSA HAT
- \$275 (May)/ \$295 (Nov) fee includes food and lodging
- CPR prerequisite (training within 4 years)
- Seeking kitchen staff and guest lecturers (see website for details)
- May 4-6, 2018
- Nov 2-4, 2018



Also consider www.wildernessoutings.com (36 hour course in Idyllwild, \$420)