

# The OSHA Guide For Hypothermia

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*This information is intended only as a memory aid and should not replace the advice of a medical professional. When in doubt, dial 9-1-1 immediately.*

**Hypothermia is most likely at very cold temperatures. However, it can also occur at “cool” temperatures - above 40°F (4°C) - if a person becomes chilled from rain, sweat, or immersion in cold water.**

## SYMPTOMS

### MILD HYPOTHERMIA

- Shivering
- Mild confusion

### MODERATE / SEVERE HYPOTHERMIA

- Loss of coordination
- Confusion
- Slurred speech
- Slowed heart rate
- Slowed breathing
- Unconsciousness

## WHAT TO DO

**Call 9-1-1 immediately in an emergency!**

- Move the worker to a warm, dry area
- Remove any wet clothing and replace with dry clothing
- Wrap the entire body (including the head and neck) in layers of blankets; and with a vapor barrier (e.g. tarp, garbage bag)

**DO NOT COVER THE FACE.**

**If medical help is more than 30 minutes away:**

- Give warm sweetened drinks to the worker if he or she is alert (do not give the person drinks that contain alcohol).

**NEVER TRY TO GIVE A DRINK TO AN UNCONSCIOUS PERSON.**

- Place warm bottles or hot packs in armpits, sides of chest, and groin. Call 9-1-1 for additional rewarming instructions.