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.

Source: [www.osha.gov/dts/weather/winter_weather/windchill.html](http://www.osha.gov/dts/weather/winter_weather/windchill.html)