Hypothermia

IN A MEDICAL EMERGENCY CALL TRIPLE ZERO (000) FOR AN AMBULANCE.

DRSABCD
Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation.

WHAT TO DO

1. Follow DRSABCD.
2. Move the patient to a warm, dry place.
3. Help the patient to lie down in a comfortable position.
   Handle the patient as gently as possible, avoiding excess activity and movement.
4. Remove any wet clothing from the patient.
5. Place the patient between blankets or in a sleeping bag, and wrap them in an emergency blanket.
6. Cover the patient’s head to maintain body heat.
7. Give the patient warm drinks if they are conscious.
   Do not give alcohol.
8. Place hot water bottles, heat packs and other sources of external heat directly on the patient’s neck, armpits and groin. Be careful to avoid burns. Body-to-body contact may be used if other means of rewarming are not available.
9. If hypothermia is severe, call triple zero (000) for an ambulance.
10. Stay with the patient until medical aid arrives.

WARNING

- DO NOT rub affected areas.
- DO NOT use radiant heat such as fire or electric heaters.
- DO NOT give alcohol.

MILD SIGNS AND SYMPTOMS

- feeling cold
- shivering
- clumsiness and slurred speech
- apathy and irrational behaviour

SEVERE SIGNS AND SYMPTOMS

- shivering ceases
- difficult to find pulse
- slow heart rate
- loss of consciousness

YOU COULD SAVE A LIFE WITH FIRST AID TRAINING WWW.STJOHN.ORG.AU • 1300 360 455

© St John Ambulance Australia Inc. 2018. St John first aid protocols are for the Australian market only. All care has been taken in preparing the information but St John takes no responsibility for its use by other parties or individuals. This information is not a substitute for first aid training. St John recommends attending first aid training courses. Not for commercial distribution.