



Canadian Safe Boating Council  
Conseil canadien de la sécurité nautique

# Assessing a Cold Patient

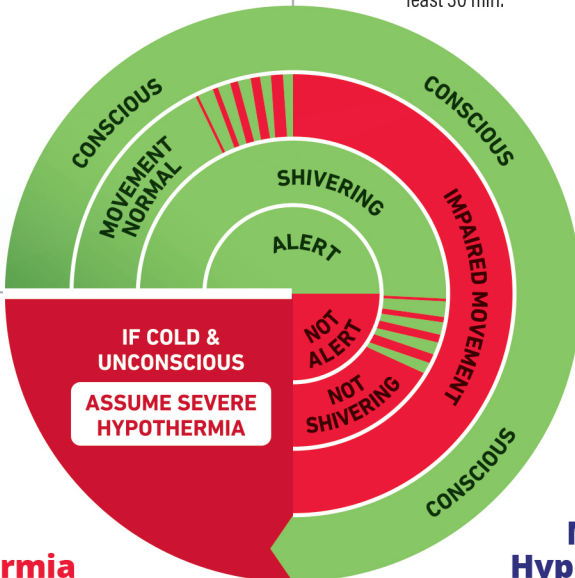
1. From outside ring to centre: assess Consciousness, Movement, Shivering, Alertness
2. Assess whether **normal**, **impaired** or **no function**
3. The colder the patient is, the slower you can go, once patient is secured
4. Treat all traumatized cold patients with active warming to upper trunk
5. Avoid burns: following product guidelines for heat sources; check for excessive skin redness

## Cold Stressed, Not Hypothermic

1. Reduce heat loss (e.g., add dry clothing)
2. Provide high-calorie food or drink
3. Move around/ exercise to warm up

## Mild Hypothermia

1. Handle gently
2. Have patient sit or lie down for at least 30 min.
3. Insulate/ vapour barrier
4. Give heat to upper trunk
5. Give high-calorie food/drink
6. Monitor for at least 30 min.
7. Evacuate if no improvement



## Severe Hypothermia

1. Treat as Moderate Hypothermia, and
2. 60-second breathing/pulse check
3. Not breathing... Start CPR
4. Evacuate carefully ASAP

## Moderate Hypothermia

1. Handle gently
2. Keep horizontal
3. No standing/walking
4. No drink or food
5. Insulate/ vapour barrier
6. Give heat to upper trunk
7. Evacuate carefully

# Care for Cold Patient

## SUGGESTED SUPPLIES FOR SEARCH/RESPONSE TEAMS IN COLD ENVIRONMENTS:

- 1 - Tarp or plastic sheet for vapour barrier outside sleeping bag

1 - Insulated ground pad

1 - Hooded sleeping bag (or equivalent)
- 1 - Plastic or foil sheet (2 x 3 m) for vapour barrier placed inside sleeping bag

1 - Source of heat for **each team member** (e.g., chemical heating pads, or warm water in a bottle or hydration bladder), or **each team** (e.g., charcoal heater, chemical / electrical heating blanket, or military style Hypothermia Prevention and Management Kit [HPMK])

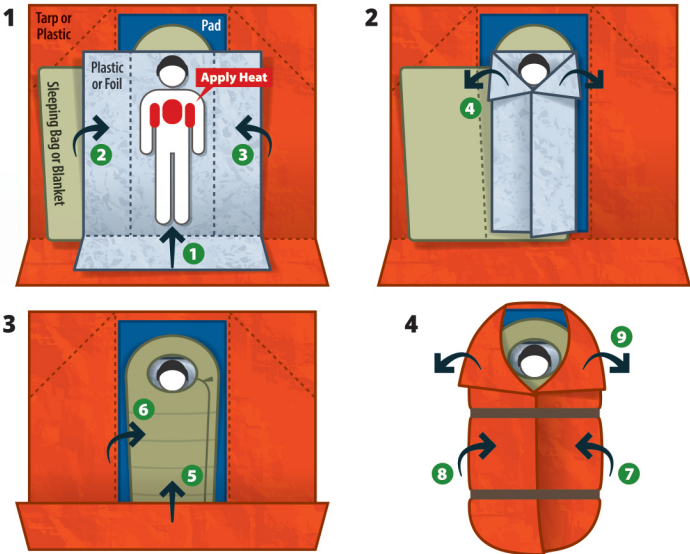
## INSTRUCTIONS FOR HYPOTHERMIA WRAP “The Burrito”

1. Dry or damp clothing:

Leave clothing on
2. Very wet clothing:

IF Shelter / Transport is **less than** 30 minutes away, **THEN** Wrap immediately

IF Shelter / Transport is **more than** 30 minutes away, **THEN** Protect patient from environment, remove wet clothing and wrap
3. Avoid burns: follow product instructions; place thin material between heat and skin; check hourly for excess redness



Sources: BICOrescue.com; Zafren, Giesbrecht, Danzl et al. Wilderness Environ Med. 2014, 25:566-85.