**IN ALL STAGES**

**Protect against further cooling;**

* Shelter from wind-group shelter
* Replace dry for wet clothes if possible
* Add dry layers plus hat and gloves
* Add insulation layers (synthetic or down) with foil layers (space blanket/Blizzard bag) and vapour barrier layers outermost.
* Insulate from ground

**Call for emergency rescue**

**Treat additional injuries and frostbite**

**If rescue delayed / unlikely re-warm slowly 10C per hour**

* Remove wet clothes
* Place in sleeping bag
* Add heat—body / buddy heat or protected hot water bottles or heat packs to chest or trunk.
* Warm the tent/snow hole, (beware CO poisoning)

**Suspect Hypothermia**

**Warm hot sweet drinks and high calorie foods**

**Active movements allowed—exercise but avoid sweating**

**BLS\*\* until arrival of rescue, or at least 20minutes or exhausted**

**Yes**

**No**

**No**

**No**

**HT II**

**HT IV**

**HT III**

**LETHAL INJURIES**

**Hospital with ICU + ECLS\***

**Hospital with ICU + ECLS\***

**No**

**Hospital with ICU**

**Home or Hospital?**

**Yes**

**Hot drinks as long as active swallowing**

**Evacuate smoothly with minimal movement**

**Rough handling leads to cardiac arrest—do not allow exercise**

**Strict surveillance**

**Gently place in recovery position**

**Be ready for BLS\*\***

**HT I**

**Yes**

**SHIVERING**

**CONSCIOUS**

**BREATHING**

\* **ECLS = Extracorporeal Life Support** (Cardiopulmonary Bypass or Extracorporeal Membrane Oxygenation ECMO)

\*\*Even people with severe hypothermia showing no signs of life have been resuscitated, but when to start **Basic Life Support (BLS**) is complex and dependant on factors such as time to definitive rescue. Early BLS is most relevant when helicopter rescue may be within 30 minutes, but if rescue is several hours away there may be a case for not initiating BLS but slowly rewarming with rescue breathing only – Remember **“Not Dead until Rewarmed and Dead”**

**Yes**

**(Impaired)**