

# COLD CARD

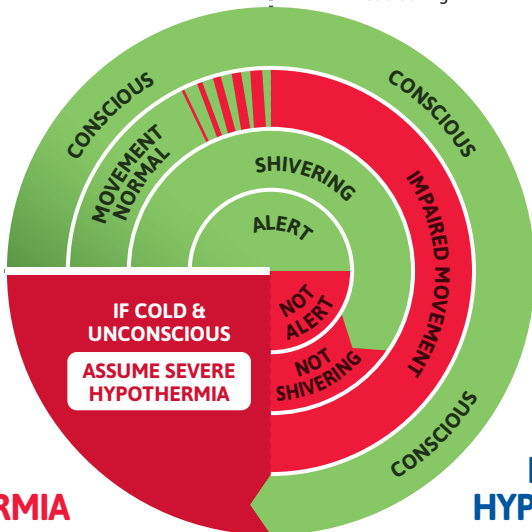
1. From outside ring to centre: Assess Consciousness, Movement, Shivering, Alertness
2. Assess (to the best of your ability) whether **normal function**, or **impaired or no function**
3. Treat (to the best of your ability) according to appropriate result-quadrant
4. Treat all traumatized cold patients with active warming to upper body: chest / armpits

## COLD STRESSED, NOT HYPOTHERMIC

1. Reduce heat loss (e.g., remove wet clothing, add dry clothing)
2. Provide high-calorie food or drink
3. Increase heat production (e.g., exercise)

## MILD HYPOTHERMIA

1. Handle gently
2. Keep horizontal
3. No standing/walking for at least 30 min.
4. If sheltered, remove wet clothing
5. Insulate/vapour barrier (if applicable)
6. Heat applied to chest and armpits (if available)
7. High-calorie food/drink
8. Monitor until improvement (at least 30 min.)
9. If no improvement, call for help and evacuation by professional



## SEVERE HYPOTHERMIA

1. Treat as Moderate Hypothermia, and
  - a) IF no obvious vital signs, **THEN** 60-second breathing / pulse check
  - b) IF no breathing / pulse, **THEN** Start CPR
2. Call for help and evacuation by professional

## MODERATE HYPOTHERMIA

1. Handle gently
2. Keep horizontal
3. No standing/walking
4. No drink or food
5. If sheltered, remove wet clothing
6. Insulate/vapour barrier (if applicable)
7. Heat applied to chest and armpits (if available)
8. Call for help and evacuation by professional

