FOOTLOOSE303 - FIRST AID KEY POINT SHEETS

INTRODUCTION

The idea of this sheet is for a walk leader to impart this information during a day walk; perhaps as a quiz with the subject announced at the start of the walk and the quiz at lunchtime with a choc bar or similar as a prize!

**HYPOTHERMIA**

Causes

a. Inadequate or insufficient clothing.

b. Exhaustion.

c. Dehydration.

d. Illness (eg flu)

Symptoms

Not all symptoms occur:

To begin with:

a. Feeling cold & tired.

b. Numbness of hands/feet, bouts of shivering.

Serious when:

c. More general & uncontrollable shivering.

d. Skin feels “cold as marble”.

e. Unreasonable behavior, complaining of cold & tired.

f. Lethargic, & failure to respond/understand questions & directions.

g. Slurring of speech.

h. Violent outbursts of energy/ language.

i. Poor muscular coordination.

j. Impaired vision.

k. Slow, weakening pulse.

Other symptoms: cramp, ashen colour skin, light headed.

If breathing or pulse fails; give “mouth to mouth” & heart compressions.

Treatment

a. Stop & seek shelter.

b. Keep casualty warm - additional clothing, warm drink, sweet food. Change into dry clothing. Into sleeping bag.

c. Rest until fully recovered. (Test - casualty able to subtract aloud > take 7 from 100 all the way to “2” within a minute).

d. Shortest route to safety; others to take casualty’s rucksack.