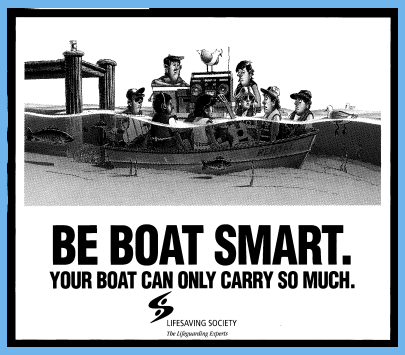
Hypothermia

the cold wet facts



1-10-1 is a simple way to remember the first three phases of cold water immersion and the approximate time each phase takes. Dr Gordon Giesbrecht coined the phrase 1-10-1 to describe the three critical phases of cold water immersion. www.coldwaterbootcamp.com

1– 10—1

1 - Cold Shock.

An initial deep and sudden Gasp followed by hyperventilation that can be as much as 600-1000% greater than normal breathing. You must keep your airway clear or run the risk of drowning. Cold Shock will pass in about 1 minute. During that time concentrate on avoiding panic and getting control of your breathing. Wearing a lifejacket during this phase is critically important to keep you afloat and breathing.

10 - Cold Incapacitation.

Over approximately the next 10 minutes you will lose the effective use of your fingers, arms and legs for any meaningful movement. Concentrate on self rescue initially, and if that isn't possible, prepare to have a way to keep your airway clear to wait for self rescue. Swim failure will occur within these critical minutes and if you are in the water without a lifejacket, drowning will likely occur.

1 - HYPOTHERMIA.

Even in ice water it could take approximately one hour before becoming unconscious due to Hypothermia. If you understand the aspects of hypothermia, techniques of how to delay it, self rescue and calling for help, your chances of survival and rescue will be dramatically increased.

What is hypothermia?

1. Hypothermia means losing body heat faster than you can produce it.
2. Hypothermia can occur both in the water and on land.
3. Hypothermia usually kills those in the water by eliminating their ability to swim or stay afloat.
4. Hypothermia may lead to cardiac arrest if the victim is not rescued and rewarmed.
5. Water in most lakes for much of the year is considered cold enough to kill you.

Rescue is not always immediate

1. Wear your personal flotation device
2. Get back in the boat
3. Keep your clothes on
4. Do not attempt swimming
5. Adopt a tuck position

Don't challenge cold water

1. Sit low in the boat. Don't stand or move about excessively.
2. Don't overload your boat. This is another common cause of capsizing.
3. Don't slow down to quickly. Water can overtake and swamp the boat.
4. Don't drink alcoholic beverages. Alcohol does not warm the body but does impair judgment, coordination and balance.
5. Stay with the boat. Do not attempt to swim to shore. Adopt a tuck position.

Degrees of hypothermia

98.6 Normal Temperature
95.0 Exhaustion, shivering
91.0 Severe hypothermia below this temperature
89.0 Slurred speech, loss of memory disorientation
82.0 Pulse irregular
78.0 Loss of consciousness
68.0 Heart stops

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