



Winter Safety Tips

Hypothermia

What is it?

Hypothermia is a condition in which core body temperature drops below the temperature required for normal metabolism and body functions. Most often caused by exposure to low temperatures.

Signs and Symptoms -

For mild to moderate hypothermia symptoms may present themselves as shivering, poor muscle coordination, confusion and slurred speech. More severe cases will present symptoms like sluggish thinking, stumbling and an inability to use their hands. If left untreated eventually death could occur.



Prevention-

Keep dry as possible

Dress appropriately for the weather.

Wear wool or synthetic outer garments

Avoid cotton undergarments; instead pick synthetics which will wick moisture away from your body.

