



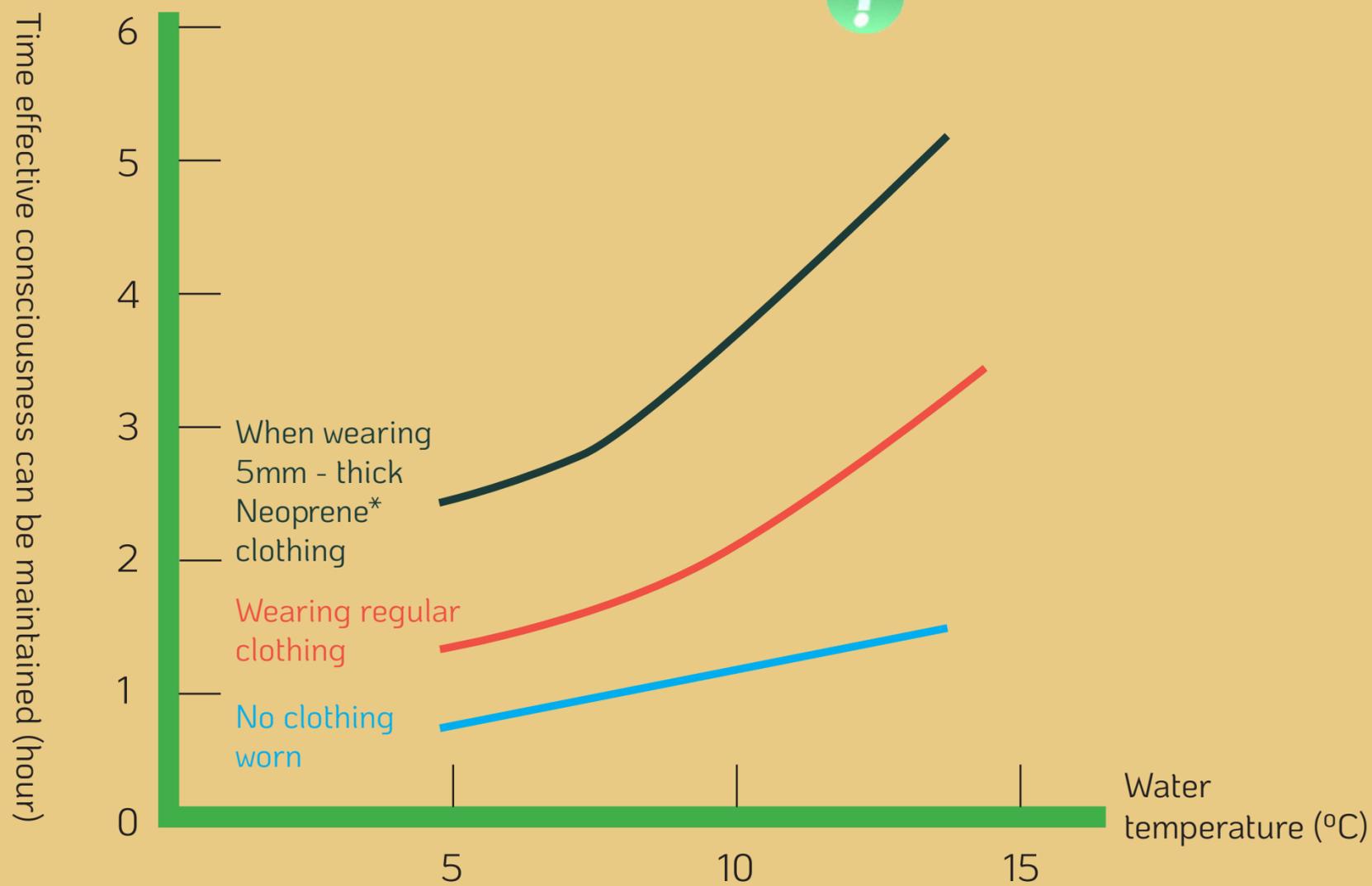
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HYPOTHERMIA AT SEA



What is Hypothermia?

Hypothermia is considered present when the “deep”, or “core”, body temperature falls below 35°C.



*Neoprene: a wetsuit made from rubber



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Initial responses to immersion in cold water may include:

- Inability to hold your breath
- An involuntary gasp, followed by uncontrollable breathing
- Increased stress placed on your heart.



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Orientate yourself and try to locate the ship, survival craft, other survivors, or other floating objects.

Do not attempt to swim unless it is to reach a fellow survivor or a nearby shore, craft, or other floating object onto which you can hold or climb.

If swimming, swim on your back, using only your legs if possible.

If you are not wearing a life-jacket, do not wave to attract attention.

Force yourself to have the will to survive.

The floating body tends to turn towards on-coming waves, with the legs acting like a sea anchor.

Try to float as still as possible, with your legs together, elbows close to your side, and arms folded across your chest.

Stay calm. Keep a positive attitude of mind about your survival and rescue.

Do not over-exert yourself during the rescue process

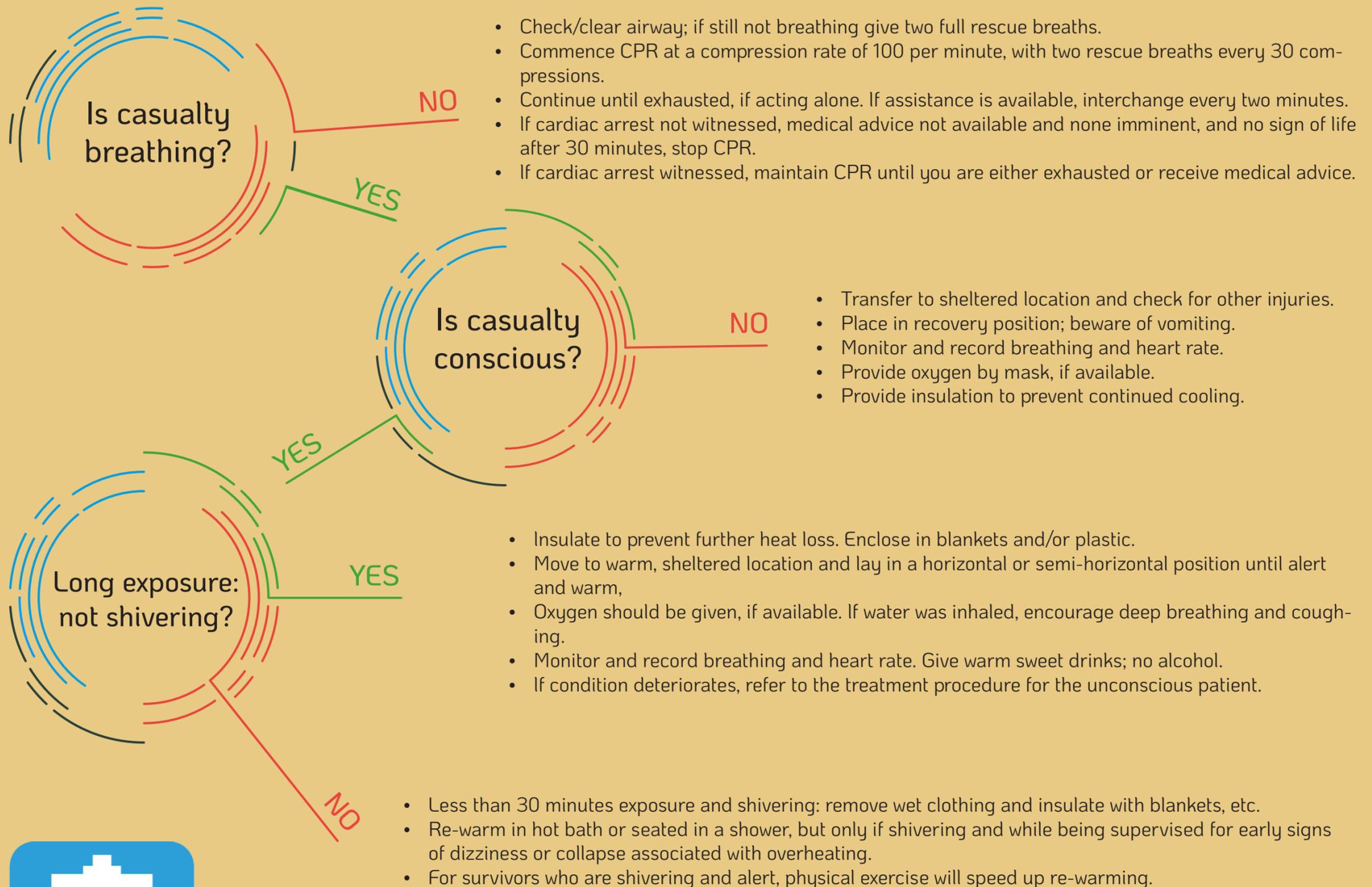
Even while being rescued, do not relax too soon.

Survival in the water



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Treatment of people recovered from cold water





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