

How to treat Hypothermia

First and foremost, if someone is displaying symptoms of hypothermia - call 000 and request an ambulance!



If you aren't in a position to call one, or you need to provide first aid until it arrives, your most important focus should be on providing warmth.

You can do this by:

- Moving the person to a warm and dry area
- If the person is immobilised, do your best to shelter them from the cold
- Use blankets or other thermally resistant items to warm them up
- Elevate them if the ground is cold or wet
- If the affected person is conscious, offer warm, non-alcoholic drinks
- Apply dry, warm compresses, like a water bottle or warmed towels
- If appropriate, partially or fully undress and huddle with the affected person to share body heat

