



Hypothermia

Hypothermia occurs when the body can produce less heat than it loses. It can be recognized by shivering, drowsiness, slurred speech and unconsciousness. It can have very serious consequences, including disrupting body-regulating functions and unconsciousness and can ultimately cause a cardiac arrest.



Threats

- Hypothermia
- Not recognizing hypothermia and not taking action



Step 1: Collective measures

- ✓ Make sure there is a "Man Overboard" procedure on board. Practice the procedure regularly and make sure that everyone knows what to do and that safety equipment is accessible and working
- ✓ Inform the crew about the symptoms of hypothermia (shivering, drowsiness, slurred speech, unconsciousness) and instruct the crew on the measures to be taken (see appendix)
- ✓ Have a life raft on board
- ✓ Ensure a culture in which life jackets are worn at all times

Step 2: Individual measures

- ✓ Check colleagues for signs of hypothermia
- ✓ Provide personal emergency signals
- ✓ If in the water:
 - Do not swim unless the shore/vessel is very close
 - Stay still and make yourself as small as possible in order to minimize the contact surface with the water. It prevents water flowing along the skin. A thin insulation layer of heated water forms between the clothing
 - Keep calm (and warm)
 - Find a way to (partially) get out of the water (life raft / buoy / (pieces of) wreckage)

Step 3: Personal protective equipment

- ✓ Wear an approved life jacket
- ✓ Wear a survival suit
- ✓ Adjust work clothing to the weather conditions