

Hypothermia Awareness and Response

Introduction

Hypothermia is a medical emergency in which core temperature drops dangerously, commonly below 95 F. Shivering, clumsy movement, confusion, slurred speech, and drowsiness are warning signs; do not wait for a thermometer reading or for shivering to stop.

Hazards & Controls

Call 911 for suspected hypothermia and follow dispatcher instructions. Handle the person gently, move to shelter, remove wet clothing, and insulate with dry layers including the head and neck. Warm the center of the body safely; avoid direct intense heat, rubbing, or aggressive movement.

Only offer a warm nonalcoholic drink if the person is fully alert and can swallow safely. Stay with them and monitor breathing. If unresponsive and not breathing normally, follow dispatcher guidance and your CPR/AED training. Do not assume a severely cold person cannot be resuscitated.

Follow the employer's temperature-stress prevention and emergency procedures for the actual job and conditions. These awareness notes do not replace required training, individualized medical advice, or an exposure assessment.

Safety Reminders

Use buddy checks and report symptoms early. Stop and seek a safe recovery area when needed. Know how to summon emergency help and never leave an ill or injured worker alone.

Engagement Questions

How will we summon help, provide shelter, and keep an affected worker safely warm?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Winter Weather

CDC: Hypothermia Recognition and Response

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Meeting Record & Sign-In

Hypothermia Awareness and Response

Company: _____ Date: _____

Jobsite: _____ Presenter: _____

Time / duration: _____ Crew / shift: _____

Site-specific hazards and controls discussed

	Printed name	Signature
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Follow-up action / responsible person / due date

Signatures record participation only. They do not establish competency, certify compliance, or waive rights. Retain completed sheets under company policy. Print additional copies for larger crews.