

Helping someone who has

hypothermia



Key action:
Warm the person.



Recognise what to do:

The environment is cold.

The person may be shivering, pale and cold to touch. They may also be disorientated.



Steps to take:

Call 999 as soon as possible, or get someone else to do it. Warm the person and reassure them until help arrives.

Supporting knowledge:

Warming the person while waiting for the ambulance may help reverse the hypothermia.

You can warm them by wrapping them in a blanket and giving warm drinks and high-energy foods, such as chocolate.