#### Learner skill guide

# BritishRedCross

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#### 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.



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### The power of kindness