Farm Hypothermia Response Guide

A farm hypothermia response guide with ordered steps for recognizing symptoms, calling for help, warming a person gradually, and avoiding mistakes while waiting for medical care.

Farm / unit: _____ Date: _____ By: _____

1. Recognize shivering and confusion
2. Call emergency services
3. Move the person indoors
4. Remove wet clothing
5. Wrap in dry blankets
6. Warm the chest first
7. Give warm drinks if alert
8. Avoid rubbing or hot baths
9. Monitor breathing until help arrives

YOUR NOTES

TIP Follow the advice of emergency dispatch while waiting, and have everyone on the crew review these steps before winter work begins.