

## Symptoms of Hypothermia

This table can help you gauge the stages of hypothermia in a victim. Remember the "umbles"- *stumbles, mumbles, fumbles, and grumbles* - these show that the cold is affecting how well a person's muscles and nerves are working.

Core Body Temp F	Symptoms
99-96	Shivering
95-91	Intense shivering. May have difficulty speaking
90-86	Shivering decreases and is replaced by strong muscular rigidity. Muscle coordination is affected and erratic or jerky movements are produced. Thinking becomes less clear, general comprehension is dulled, possible total amnesia. Victim generally is able to maintain appearance of psychological contact with surrounds.
85-81	Victim may become irrational, loses contact with environment and drifts into stuporous state. Pulse and respirations are slow and cardiac arrhythmias may develop.
80-78	Loses consciousness and does not respond to spoken words. Most reflexes cease to function. Heartbeat become erratic

\* based on Module 4 Medical Emergencies

\* [www.kayakwisconsin.net](http://www.kayakwisconsin.net)