Offshore Special Regulations

Appendix G – Training – C.8 Hypothermia

A submission from the Chairman on behalf of the Training Working Party.

Purpose or Objective

Update the Appendix, which was first published in 2002.

Proposal

Amend to read:

Session 8 **Cold Shock, Drowning and Hypothermia**

8.1 Actively counter its development by wearing proper protective clothing

8.2 Know the symptoms- shivering, irritability, lethargy, stumbling, slurred speech, loss of memory, victim feels cold, looks pale, breathing slow, pulse weak, leading to collapse and unconsciousness.

8.3 treatment - see First Aid at Sea by Justins and Berry or other textbook

8.4 do not – give alcohol, rub the skin to warm, or give up resuscitation.

8.5 value of immersion suits, thermal protective aids (TPA’s)

8.6 **Cold Shock**

8.7 Actions in the water to reduce heat loss, increase visibility

8.8 **Drowning and airway management**

Current Position

As above.

Reason

Improvement