

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
