



# HYPOOTHERMIA MANAGEMENT COURSE

 **DURATION 4 hours**



## FOR WHO

This course is aimed to all those who need basic information about hypothermia and intervention procedures in case of person in state of hypothermia



## PREREQUISITES

None



## TRAINING METHODOLOGIES

Theoretical lessons, practical simulations,  
De-briefing, team work.



## INFO & BOOKING

[info@rescueproject.it](mailto:info@rescueproject.it)

[www.rescueproject.it](http://www.rescueproject.it)

0463.973278 - 3292743226

This course is aimed to all those who need basic information about hypothermia and intervention procedures in case of person in state of hypothermia

Our body is a perfect machine with very complex systems to function, such as temperature regulation: we sweat when it's hot, we shiver when it's cold.

This reaction can become dangerous if extended for a long period and can lead to very risky situations.

This half-day program will give participants basic knowledge of physiological processes related to hypothermia.

The various phases of hypothermia will be presented, thanks to photos and videos and there will be lessons of simple techniques that can be practiced by everyone, not only sanitary personnel.

Anyone might need this information and techniques: in case a person fell in water or got stuck in the snow, etc.

First aid and intervention will be enhanced during this program.



# PROGRAM

## Hypothermia management



**DURATION 1 day**

### **HOURS**

### **ACTIVITIES & CONTENT - DAY 1**

**8:30 – 12:30**

Presentation of the course – theoretical lesson:

- Definition of hypothermia
- Anatomy and physiology
- Hypothermia phases
- Hypothermia and freezing
- Different sceneries of hypothermia
- Safe entrance in cold water
- Consequences of hypothermia
- First aid in case of hypothermia – emergency call and rescue procedures

**12:30**

Licenses  
End



### **EQUIPMENT**

No specific equipment required.



### **GOALS**

- **Knowing hypothermia**
- **Knowing** main techniques of hypothermia management
- Knowing the phases of hypothermia
- **Knowing how to intervene** with basic first aid procedures