

Ohio Association of Emergency Medical Services ENEWS

HONOR SERVE EDUCATE

Included in this issue: Upcoming Conferences; Did you know?
and board members contact information

UPCOMING CONFERENCES

Accepted payment methods: Credit card, check, on the website oaems.org,
Call 937-726-0839 money order, purchase order, cash.

Registration options: Call 937-726-0839, On-line oaems.org, mail- in, walk-in.
Virtual classes available: See website oaems.org

Fall 2024

October 11-13

Conference to be held inside

Comfort Inn

2500 W. State St Alliance, OH 44601

330-821-5555

Winter 2025

Anticipated Jan/Feb

Spring 2025

Anticipated in April

In Columbus

At Drury Inn& Suites

Summer conference Pics



DID YOU KNOW?

Hypothermia in II parts; In this edition what is hypothermia and its stages; next news hypothermia Causes, treatment and prevention

Hypothermia part 1

It is hot outside today, but fall is just around the corner and cooler temperatures, wind, and rain increase the chance of the public and Safety Services personnel getting hypothermia. Hypothermia is something to be taken seriously. According to the Cleveland clinic, 700-1,500 people die every year from hypothermia.

What exactly is hypothermia?

Hypothermia, or low body temperature, is a condition that occurs when your body's temperature drops below 95 degrees Fahrenheit (35 degrees Celsius). The average [normal body temperature](#) is 98.6 F (37 C). Hypothermia is a medical emergency.

When your body temperature is dangerously low, your brain and body can't function properly. Left untreated, hypothermia can lead to [cardiac arrest](#) (when your heart stops beating) and death.

There are 3 stages of hypothermia, mild, moderate and severe.

Mild hypothermia

Mild hypothermia means your body temperature is between 95 F and 89.6 F (35 C and 32 C). Signs of mild hypothermia include:

- [Shivering](#) and chattering teeth.
- Exhaustion.
- Clumsiness, slow movements and reactions.
- Sleepiness.
- Weak pulse.
- Fast heart rate ([tachycardia](#)).
- Rapid breathing ([tachypnea](#)).
- Pale skin color.
- Confusion and poor judgment/loss of awareness.
- Excessive urination.
- Trouble speaking.

Moderate hypothermia

Moderate hypothermia means your body temperature is between 89.6 F and 82.4 F (32 C and 28 C). Signs of moderate hypothermia include:

- Slow down in breathing and [heart rate](#).
- Slurred speech.
- Decline in mental function.
- [Hallucinations](#).
- Decreased shivering.

- Bluish color to skin ([cyanosis](#)).
- Increased muscle stiffness.
- [Dilated pupils](#).
- [Abnormal heart rhythm](#).
- Decreased [blood pressure](#).
- Weakened reflexes.
- Loss of consciousness.

Severe hypothermia

Severe hypothermia means your body temperature is less than 82.4 F (28 C). Signs of severe hypothermia include:

- Loss of shivering.
- [Low blood pressure \(hypotension\)](#).
- [Fluid in lungs](#).
- Absence of reflexes.
- Complete muscle stiffness.
- Loss of voluntary motion.
- [Low urine output \(oliguria\)](#).
- Heart stops beating (cardiac arrest).
- [Coma](#) that may mimic death.
- [Death](#).
- <https://my.clevelandclinic.org/health/diseases/21164-hypothermia-low-body-temperature>

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