

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

Winter 2025

Jan. 24-25

Mt. Vernon, Ohio

Holiday Inn Express

11555 Upper Gilcrest Rd.

Mt. Vernon \$107/night plus tax

Call 740-392-1900 and state OAEMS

Spring 2025

Anticipated in April

In Columbus

At Drury Inn& Suites

Summer 2025

Details to come

Ideas? Want to help? See a board member

DID YOU KNOW?

Hypothermia part 2 ; In this edition what Causes, treatment and prevention

Causes, treatment and prevention

What causes low body temperature (hypothermia)?

Hypothermia occurs after exposure to cold, wet or windy conditions. When you're exposed to cold, your body expends energy to keep you warm. Eventually, with continued exposure to cold temperatures, your body uses up its stored energy and your body temperature begins to fall. You're not able to warm yourself back up. Symptoms will progress from mild to severe with prolonged exposure. While most cases of hypothermia occur at very cold temperatures, the condition can affect you even in cooler temperatures over 40 F (4.4 C) if you become chilled from sweat, rain or submersion in cold water. Hypothermia occurs under environmental conditions (wet, cool/cold or windy) that cause a person's body to lose more heat than it generates.

Treatment

Hypothermia treatment includes the prevention of further heat loss and the process of rewarming. If you're with someone who has hypothermia, call for help and then take the following steps:

- Move the person to a warm, dry location.
- Remove wet clothing and replace with dry clothing.
- Cover them up with a jacket, hat and blanket.
- Apply external heat to their skin, such as with a heat lamp or hot pack.
- When hypothermia is more severe, healthcare providers may also need to:
- Insert an IV into your vein and pump warm fluids into your body.
- Give you warm oxygen through a mask or breathing tube.
- Use a machine that warms your blood and pumps it back into your body.

Preparing for cold weather, hypothermia prevention:

When it's cold, you should wear a hat that covers your ears and warm, dry clothing. Older people and children should take extra care to prevent hypothermia by:

- Dressing in layers and keeping warm clothes nearby.
- Keeping homes at a temperature above 68 F (20 C).
- Moving around when you feel cold so you can increase your body temperature.
- Eating and drinking warm foods and beverages.
- Wearing appropriate clothing outdoors, including hats, mittens, coats and footwear.
- Taking regular breaks and coming inside to warm up whenever spending time outside.
- Avoid substances known to contribute to hypothermia, such as alcohol or certain medications.
- <https://my.clevelandclinic.org/health/diseases/21164-hypothermia-low-body-temperature>

BOARD MEMBERS CONTACT INFORMATION

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