

LEVELS OF HYPOTHERMIA

CORE TEMP. °F

SYMPTOMS

99.6	“Normal” rectal temperature
98.6	“Normal” oral temperature
96.8	Elevated metabolic rate
95.0	Maximum shivering
93.2	Victim still conscious and responsive
91.4	Severe hypothermia below this temperature
89.6	Consciousness clouded; pupils dilated; shivering stops
86.0	Progressive loss of consciousness; muscle rigidity increases; pulse and blood pressure difficult to obtain; breathing decreases
82.4	Ventricular fibrillation possible if heart irritated (by jostling victim or performing CPR)
80.6	Voluntary motion ceases; pupils nonreactive to light
78.8	Victim seldom conscious
77.0	Ventricular fibrillation may develop spontaneously
68.0	Heart standstill
64.4	Lowest accidental hypothermia victim to recover
48.2	Lowest artificially cooled hypothermia patient to recover

(NOTE: These are generalizations—symptoms may vary from victim to victim.)

