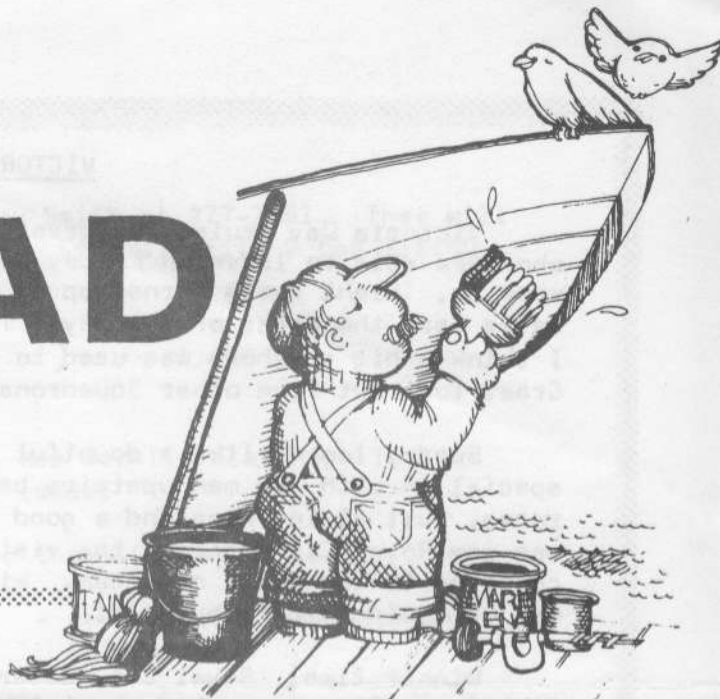


# THE FAIRLEAD

## FRASER POWER SQUADRON NEWS



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### FROM THE BRIDGE

A number of businesses encourage their customers to assist in the building of their business by using the slogan "If you like our service, tell your friends, if you don't, tell us." I urge you to follow the spirit of this slogan with respect to Canadian Power Squadrons.

CPS is an organization in which every member can take pride. Hundreds of thousands of people have taken our courses. Many insurers and charterers recognize the excellence of our training in the conduct of their business. The Canadian Coast Guard in their "Safe Boating Guide" recommends CPS training to the boating public. Fly the CPS flag with pride!

During the summer, many of you will no doubt come in contact with members of the boating public who could benefit greatly from CPS courses. Seize the opportunity to tell them what CPS has to offer.

In closing, Lois and I would like to wish you a safe and enjoyable summer. We look forward to meeting more of you at squadron functions.

Cdr. George Schurman

738-3849

## VICTORIA DAY CRUISE

Victoria Day Cruise was great for some, but a washout for others. Those who were able to leave on Friday were lucky because Saturday gale warnings were up. Eight boats turned up in Montague. The usual boat hopping and walks were the order of the day. Then the fleet moved to Otter Bay for Sunday. I think a big shoehorn was used to get some of the boats a place at the dock. Great turn out from other Squadrons too.

Sunday looked like a doubtful day, but I think Royal City must have a special in with the man upstairs because the day turned out great. Sack races, just plain races and a good old tug of war took place. The tug of war was Royal City against the visiting Squadrons. Visitors won!! Lots of cheering to encourage our team. With Commander George Schurman as anchor man we couldn't help but win!

Dinner time! Royal City deserve a big bouquet for such a well organized fish fry. The men cooked about 190 lbs. of fish and 150 lbs. of potatoes. That's a lot of spuds to peel and fish to fillet. Everyone worked real hard to give the rest of us a fun day. Thanks Royal City!

After stuffing themselves, the teenagers plus two teenie boppers challenged the adults to a ball game. I think the young people won but not before they witnessed Lorna Foss catch a fly ball hit by Steve Schurman, with her bare hands! It was good to have Vic and Alare Ramos join the festivities on Sunday, they came on Bennett's Navy! Maybe next year more could do that, it makes a lovely outing!

Home for some on Monday and the seas were kind to sailors and stink-potters alike!

Flo Delves.

## SPECIALIZED KNOWLEDGE

There are many hidden talents in a large group of people like our Squadron membership. Some may have only average knowledge in the overall subject of boating but there is likely to be some area in which they have a special expertise. Even if only a very small part of this expertise is applicable to boating it could be very useful in upgrading the product of CPS. Just think of all the small steps it takes to produce our course materials, training aids, communications, entertainment, operations, finances, liaison with other organizations, public relations. There is also a great need for special knowledge in equipment, materials and services for our boats. How about sharing YOUR EXPERTISE with the rest of us!



## T - SHIRTS    TEE-SHIRTS

Want one or two!! Call Brian and Lindsay Smith at 277-7981. They will have the t-shirts until the September meeting. Cost is still 2 for \$11.00  
A GOOD BUY!

1 Ladies med  
Mans

## COMING EVENTS

June 29 - July 2, 1984 - Canada Day Cruise - see details elsewhere in this issue.

NOTE - There will not be a formal cruise for the B.C. Day holiday.

Aug. 31 - Sept. 3, 1984 - Labour Day Cruise. - see details elsewhere in this issue.

Sept. 28, 1984 - The first social evening of the winter season, details will be given in the next Fairlead.

## THINK THIS SUMMER!

The summer's boating may bring up situations that you would be more capable of handling if you had more knowledge. Think about taking another of the CPS courses this fall or reviewing your information by proctoring in one of our classes.

## CANADA DAY CRUISE

Friday June 29	- Rendezvous Silva Bay
Saturday June 30	- Rendezvous Newcastle Is.
Sunday July 1	- Rendezvous Ladysmith
Monday July 2	- Home for those who must.



As the Third Annual Fraser Predicted Log Contest scheduled for Easter weekend had to be cancelled because of weather, it will be run on this cruise so check your speed curve and sharpen your pencils. Please call and let us know if you're coming so monrage can be arranged.

Del Dash - 685-8820

Dave Williams - 274-1085

George Schurman - 271-7439

## LABOUR DAY CRUISE

Friday August 31	- Rendezvous South end Montague Harbour, Galiano Is.
Saturday September 1	- Ganges Harbour, Salt Spring Is.
Sunday September 2	- Maple Bay, Vanc. Is.
Monday September 3	- Home

## HYPOTHERMIA

### SIGNS AND SYMPTOMS OF HYPOTHERMIA

With decreasing body core temperature, there is a progression of signs and symptoms (as a result of the body's responses described), starting with the sensation of cold and, if unchecked, ultimately death. It is important for workers to recognize the common early signs so that serious harm can be prevented.

The following symptoms and signs are associated with exposure to cold as core temperature drops:

#### Symptoms and Signs

(Mild)

Core Temp. 37-36°C.  
(98.6-97°F.)

- worker feels cold, activity increased to warm up
- skin becomes pale, numb and "waxy"
- muscles become tense, shivering can be overcome by activity
- fatigue and weakness begin

35-34°C.

(95-93°F.)

- uncontrolled intense shivering
- movements uncoordinated, walking is slowed
- mental confusion and apathy, worker may not complain of being cold
- loss of memory, speech becomes slow, vague and slurred
- breathing is slower and shallow

(Moderate)

Core Temp. 33-32°C.  
(91-89°F.)

- shivering slows and muscles stiffen
- marked weakness and lack of coordination, appears exhausted
- drowsiness, strange behaviour may occur
- pulse irregular

(Severe)

Core Temp. 31-30°C.  
(88-86°F.)

- shivering stops, muscles stiff, movements erratic
- breathing and pulse slow and irregular
- worker becomes disoriented, doesn't recognize familiar people
- gradual loss of consciousness

below 30°C. (86°F.)

- unconsciousness
- eventually heart and lungs become uncontrolled
- death occurs when heart stops



## HYPOTHERMIA (CONT'D)

### FIRST AID

#### ANY SUSPICION OF HYPOTHERMIA SHOULD BE ACTED UPON IMMEDIATELY

Every worker at risk of hypothermia should be able to recognize its symptoms and signs and be ready to give first aid to himself or his co-workers. The aim of first aid treatment is to: stop further cooling of the body.  
provide heat to start rewarming of the body.

1. Move the worker out of cold, wet and wind, into the shelter of a protected spot near a fire or heater, or into a warm room.
2. Remove all wet clothes and towel the worker dry.
3. Monitor the worker's temperature. Body temperature may continue to drop even after removal from the cold.

If hypothermia is mild, with few symptoms and body temperature is over 34°C:

- a) Get the worker into warm dry clothes and wrap in warm blankets.
- b) Give hot drinks.
- c) Give sweets, as they are the foods which are turned into heat the fastest.
- d) If the worker is not fatigued, using his muscles slowly will add heat to his body.

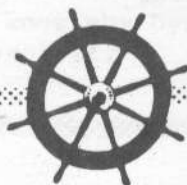
If hypothermia is moderate or severe, with marked symptoms, especially drowsiness and loss of shivering, and body temperature is under 34°C:

- a) Try to keep the worker awake.
- b) Give hot drinks if possible.
- c) Arrange for a doctor to come, or get the worker to a doctor or hospital as soon as possible once first aid has been given.
- d) Handle the worker gently; too much moving can cause a cold heart to stop.
- e) If possible, place cloth-wrapped, warm water bottles at the sides of the chest and in the groin; otherwise strip the worker and yourself at least to the waist and huddle together in a sleeping bag or warm blankets to donate your heat.
- f) If the worker is not breathing, start mouth-to-mouth breathing. If there is no pulse, external cardiac massage should also be given.

At very low temperatures, the body can sometimes survive for hours without signs of life. Even if the worker appears lifeless, first aid treatment should be continued until there is recovery or his care is taken over by a doctor.

Because the worker may be confused, he may be unaware of what is happening, act strangely, and deny trouble or refuse help. All workers should know what to look for and give help when it is needed, even if refused.

First aid treatment should not include warm or hot water baths. This can be dangerous and is best left to a doctor. The worker SHOULD NOT be given any alcohol or have his limbs massaged in an attempt to increase circulation, as these too can be dangerous.



## HYPOTHERMIA (CONT'D)

### FACTORS WHICH INCREASE THE RISK OF HYPOTHERMIA

The following are factors which contribute to the onset of hypothermia when working in a cold environment:

1. Environment - Cold air, wind, and wet skin from sweating, rain or work in water. Divers, fishermen and others who work in and around water are at greater risk.
2. Inadequate clothing - Light clothing which does not insulate, keep out wind or keep the worker dry.
3. Medical problems/Skin disorders - Problems which reduce insulation. Endocrine problems - Poorly controlled diabetes and thyroid problems can increase risk. Heart and blood vessel problems - limit circulation which distributes heat within the body.
4. Alcohol - Even small amounts of alcohol increase body cooling by as much as 20% by dilating surface blood vessels and slowing shivering.
5. Drugs - A person on medication, prescription or non-prescription, who works in a cold environment, should ask the doctor if the drug can aggravate hypothermia.
6. Inactivity - Stationary work in a cold environment can draw heat from the body that would otherwise be replaced by activity.
7. Poor Physical Condition - Unfit workers who are poorly nourished or fatigued have a greatly increased risk of becoming hypothermic.
8. Body Size - Fat acts as an insulator against cold, thus small, slender people lose more heat in cold environments and are at greater risk.

### PRECAUTIONS AND CONTROL MEASURES

The risk of hypothermia may be reduced by:

1. Appropriate clothing - Workers exposed to cold should wear many layers of lightweight clothing. This traps air between layers to insulate, and allows the worker to remove or add clothing as needed. As much of the clothing as possible should be wool, because it retains warmth when it gets wet.



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## HYPOTHERMIA (CONT'D)

1. **Appropriate clothing** - The outer layer should be windproof to cut down the windchill effect. A hat or cap should be worn to reduce the large amount of heat lost from the head. Workers should be dry before going into cold air, and stay dry by putting on vented or breathable, waterproof raingear before rain gets them wet.
2. **Nutrition** - In addition to properly balanced meals, regular food intake during the day provides extra energy for heat production. Sweets are the best source of quick energy. Hot fluids at rest breaks are also a good source of heat.
3. **Fitness** - Workers are better protected against hypothermia if they maintain their health, get enough rest and improve their physical fitness.
4. **Activity** - If not in water, movement can be beneficial in the cold. Muscle use keeps up the body's heat production.
5. **Shelter** - Where wind is a problem, taking advantage of natural windbreaks or creating them will reduce heat loss from windchill.
6. **Scheduling and Rest Breaks** - In some cases, jobs may be scheduled to minimize the effects of cold so that continuous periods of exposure are shorter. Rest breaks should be taken in a warm place to allow the body to warm itself.
7. **Cold Water Protection** - When caught in water without a life jacket, treading water is recommended as the head is kept out of the water and loses less heat. With a life jacket, tucking the elbows into the sides and bringing the knees up covers the areas of highest heat loss and can increase survival time by 50%. If there is a group of people in the water, huddling together in a circle will also increase the survival time. Swimming will increase body heat by activity, but that benefit is negated by the heat loss from increased circulation to the arms and legs. If you are more than one kilometre from shore, it may be best not to attempt to swim to shore.
8. **Education** - Workers should be taught to recognize the symptoms of hypothermia and the appropriate first aid measures. They should know why hypothermia occurs and what can be done to prevent it.

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## HYPOTHERMIA (CONT'D)

### HAZARDS OF HYPOTHERMIA TO THE BOATER

Hypothermia presents the boater with two hazards: one to himself from the physical state of his body and the other from the results of his deteriorating: judgement, memory, dexterity and strength. The average boater does not have sufficient practice for handling other than the very routine problems automatically. Any reduction in his judgement or other mental skills may unknowingly risk his boat and crew. The lack of proper rest, partying, excitement and the stress of unfamiliar situations all tend to make a person more susceptible to hypothermia. Remember, most accidents are a culmination of a chain of relatively minor problems. The air temperature does not have to be very low for the chilling effect of wind on damp clothing to set the stage for hypothermia.

Material Copied from HYPOTHERMIA by the Workers' Compensation Board of B.C. and notes from Trauma Tech.

