



CPR = cardiopulmonary resuscitation.

NB1: Core body temperature measurement requires an internal probe, preferably oesophageal, which is generally only possible in a ventilated patient. Clinical signs are important indicators of hypothermia.

NB2: Deficits are the 'Umbles'- mumble, grumble, fumble, stumble.

NB3: Be alert to differential diagnoses such as hypoglycaemia, trauma and drug intoxication.

NB4: Cardiac output may be difficult to detect so taking up to 1 minute to assess carotid pulse and breathing is acceptable; chest compressions in a person with an output can cause arrhythmias.

NB5: CPR is contraindicated if conditions are unsafe for the rescuer or if the person has a fatal injury (including avalanche asphyxiation by snow packing an airway or an ice mask obstructing it).