

COLD WATER **SHOCK**: ARE YOU PREPARED?



**WATER TEMP
UNDER 60**

CORRECT GEAR



**ONE-10-ONE
TIMELINE**

**BREATHING
INCREASE 10X**



**HEART
FAILURE**



FACTS TO CONSIDER



Cold water shock is mostly likely to occur in water temperatures below 60 degrees.



Cold water can cause an automatic gasp reflex. If you happen to be under water at the time, drowning is a possibility.



Once you are in cold water you have maybe:

- one minute to get your breathing under control

- 10 minutes before losing muscle control in your arms and legs

- 1 hr before hypothermia shuts your body down



Increased breathing rate in cold water can cause hyperventilation leading to fainting and then drowning.



Cold water constricts arteries making the heart work much harder than usual. This can cause cardiac arrest--in anyone.



ARIZONA GAME & FISH