

STAGES OF COLD WATER IMMERSION



1. COLD SHOCK

- Gasp Reflex
- Panic
- Hyperventilation
- Increased Heart Rate



2. MUSCLE FAILURE

- Loss of muscle coordination
- Difficulty swimming, if you're able to swim at all



3. HYPOTHERMIA

- Body temperature drops to dangerous levels
- 75% of victims don't survive to this point



4. RESCUE DANGERS

- Being removed from cold water can have short and long term effects on your body



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