

## **HOW TO USE YOUR EMERGENCY BLANKET**

- Unfold the blanket completely and lay flat on the ground, preferably on as warm, dry and insulated a surface as possible.
- Lay the patient on the blanket, leaving about 12 inches of blanket overlapping at the 'feet' end. The blanket is most effective when used directly next to the skin – if required, fabric blankets may be wrapped on the outside of the Emergency Blanket.
- Fold the end of the blanket over the feet, and bring the two sides up and over to overlap at the top.
- If possible secure the blanket with some tape – the better the seal the more efficient the blanket will be.
- Do not wrap too tightly as the air which is trapped contributes to the insulation.
- Be sure that the feet, hands and as much of the head as possible are covered. If necessary use another blanket to wrap around the top of the head, leaving the nose and mouth uncovered.
- Use an inhalation re-warming unit if available, or cover the mouth and nose with wool or a handkerchief to help slow down heat loss through respiration.
- The patient may complain of feeling clammy or uncomfortable – this is perfectly normal and simply means that the blanket is working. The closed 'tube' means that moisture cannot escape – this causes the humidity levels next to the skin to increase, and slows down the patient's natural cooling system (evaporation via perspiration).