

# Cold Weather Injury & Prevention

**Frostbite** is the freezing of tissue on areas such as the fingers, toes and ears and could involve only superficial tissue or could extend to the bone. Constriction of an extremity may reduce blood flow and increase the chances of frostbite.

Symptoms include: Redness, pain, burning, stinging or prickly sensation. Pain disappears and a sudden blanching of the skin occurs. Skin is firm to the touch, but resilient underneath. When thawing, there is an aching pain or brownness.

*(Frostbite – continued)*

**DO NOT:**

- Rub the frozen part
- Rub with snow
- Attempt to thaw in cold water
- Use high temperatures to thaw
- Break blisters that may form

Treatment involves rapid re-warming in warm water between 100 F to 108 F and allowing to air dry, protecting from trauma, and preventing refreezing. **If body part feels dead and hard and is hard to move, get person to a hospital ASAP**

**Hypothermia** is the lowering of the inner core temperature of the body. This can and usually does happen at temperatures above freezing.

Symptoms include: The person feeling chilled. The skin may be numb with goose pimples. Minor impairment of muscular performance is evident in stiff and clumsy fingers. Mental deterioration and shivering begin at the same time.

*(Hypothermia – continued)*

As the body temperature continues to drop, muscular and mental coordination continue to deteriorate.

If symptoms of mild/moderate hypothermia occur, get the person inside, have them change their clothing and then contact a hospital for treatment advice.

**In severe hypothermia, if the person cannot walk, does not shiver and has an abnormal level of consciousness, the individual must be taken to a hospital ASAP.**

## **To aid in the prevention of cold injuries:**

- Layer your clothing. Wear several layers of light, loose fitting clothing instead of one heavy layer.
- Keep yourself dry from the weather and perspiration. Change clothing if necessary. (Wool retains most of its insulation properties when wet)
- Wear a pair of cotton and a pair of wool socks to increase insulation and to take perspiration away from your feet.
- Wear gloves or mittens
- Wear warm head covering
- Drink plenty of water to avoid dehydration

You have completed the  
Cold Weather Injury Prevention Training Module.

Please click on the following link to document your  
training:

**[Training Certification:](#)**

Thank You!