Cold Weather Safety

Early recognition of hypothermia, frostbite, and appropriate first aid is critical in helping someone suffering from a cold-related emergency.



Hypothermia 🗱

When the body is exposed to cold temperatures and cannot maintain the necessary heat.

Warning Signs

- Shivering
- Numbness/Weakness
- Confusion
- Loss of consciousness
- Body temperature below 96°F



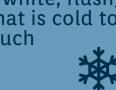


Frostbite

An injury to body tissues caused by exposure to extreme cold, typically affecting the nose, fingers, or toes.

Warning Signs

- Loss/numbness of the affected area
- Waxy, discolored (blue, white, flush) skin that is cold to the touch







First Aid

- Move the person into a warm room or shelter.
- Remove any wet clothing the person is wearing. 2
- Use dry blankets, towels, 3 and sheets to warm the center of the patient's body. For frostbite, warm the affected area with warm water or body heat.
- If the person is conscious, consider giving them a warm drink.
- For frostbite, to avoid more tissue damage, do not rub or massage the frostbitten area.
- Seek immediate 6 medical attention.