

COLD WEATHER INJURIES:

KNOW WHAT TO LOOK FOR! KNOW WHAT TO DO!

	FROST BITE Freezing of skin and tissues such as fat, muscle and bone.	HYPOTHERMIA Excessive loss of body heat and lowering of internal body temperature below 35 C. People may not be aware they need help.	
		MILD – MODERATE	MODERATE – SEVERE
Signs & Symptoms	<ul style="list-style-type: none"> • Pink: reddish area is first sign of frostbite. • Pain: area will become painful. • Patches: white, waxy patches. • Pricklies: affected area may feel numb or tingling. 	<p>Adults: Shivering and the “-umbles”:</p> <ul style="list-style-type: none"> • Stumbles • Mumbles • Fumbles • Grumbles <p>Infants & Young Children:</p> <ul style="list-style-type: none"> • Bright red, cold skin • Very low energy 	<ul style="list-style-type: none"> • The “umbles” getting worse • Drowsiness, low energy, lethargy • Cold, pale skin • Confusion, poor memory, irritability • Poor judgement (may include taking clothes off) • Slowed breathing or pulse • Fast beating heart • May stop shivering • Unconscious
First Aid	<ul style="list-style-type: none"> • Get into a warm room. • Do not walk on frostbitten feet or toes unless necessary. • Loosen or remove tight clothing or jewellery. • Slowly re-warm area using body heat (i.e. arm pit) or immerse affected area in warm water (do not use hot water). • Do not rub or apply heating pads – this will increase tissue damage. <p>Get medical help if:</p> <ul style="list-style-type: none"> • swelling, blistering or peeling is present, • there is severe pain, • colour and sensation do not return shortly following first aid treatment. 	<ul style="list-style-type: none"> • Gently move the person to a warm and dry area. • Remove wet clothing. • Cover with several layers of blankets. You may warm the person with your own body heat. • If person is alert give a warm, sugar drink – never alcohol; avoid caffeine. • If the person is alert give the person food slowly over time • When shivering is controlled encourage the person to go to the bathroom to urinate. • Do not use a hot water bottle or electric blanket. <p>Get medical help if:</p> <ul style="list-style-type: none"> • first aid does not quickly control shivering 	<p>CALL 9-1-1</p> <p>While waiting for medical help:</p> <ul style="list-style-type: none"> • Handle the person gently. • Move the person to a warm and dry area. • Remove wet clothing. • Lay the person on a blanket if outside then cover with several layers of blankets and warm the person with your own body heat (person to your skin). • If the person is alert give a warm, sugary drink – never alcohol; avoid caffeine. • When stable encourage the person to go to the bathroom to urinate. • Do not use a hot water bottle or electric blanket. You may apply warm first-aid compresses to the groin, arm pits and neck only. • Monitor breathing and pulse and begin CPR if no breathing/pulse appears to be present
Prevention	<ul style="list-style-type: none"> • Cover exposed skin. Use gloves or mitts, face mask and hat. • Stay indoors when there is high risk of frostbite. 	<ul style="list-style-type: none"> • Cover up. Wear a hat. 50% of body heat loss occurs through the head and neck. • Overexertion. Avoid activities that make you sweat. • Layer. Loose fitting, layered clothing. • Dry. Stay dry, change wet clothing. • Avoid alcohol use. 	