

## COMMITMENT

To Safety

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# Surviving Winter's Wrath – Frostbite

### Signs, Symptoms, Course of Action

The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures according to the Center for Disease Control. At the first signs of redness or pain, in any skin area, get out of the cold and/or protect any exposed skin.

Frostbite is characterized by a loss of feeling and skin that appears white or grayish-yellow or feels unusually firm or waxy. Frostbite usually strikes fingers, toes, nose or ear lobes first. Victims are often unaware until someone else points it out because the frozen tissues are numb.

### IF YOU DETECT FROSTBITE

- Seek medical care
- Get the victim into a warm room as soon as possible Immerse the affected are in warm (not hot) water (temperature should be comfortable to the touch for unaffected parts of the body)
- Do not allow victim to walk on frostbitten feet or toes – this increases the damage
- Warm the affected area using body heat

Do not rub the frostbitten area with snow or massage it at all

Do not use a heat pad, heat lamp, heat of a stove, fireplace, or radiator

Seek medical evaluation

Cases of severe frostbite can result in amputation.

Source: Safety Online / Center for Disease Control