

ATU Bulletin

Cold Weather Safety

When the body is unable to warm itself, serious cold-related illnesses and injuries may occur. Permanent tissue damage and death may also result.

PROTECT



YOURSELF

Select proper clothing: Clothing should perform well in cold/wet/windy conditions, and layered to adjust to changing temperatures.

Take frequent breaks: Short breaks in warm, dry shelters will allow the body to warm up.

Avoid exhaustion: Energy conservation is paramount to keeping muscles warm.

Stay hydrated: Drink warm, sweet beverages (sugar-water, sports drinks), and avoid caffeine.

HOW TO IDENTIFY COLD INJURIES

Hypothermia

- ▶ Fatigue or Drowsiness
- ▶ Uncontrolled Shivering
- ▶ Cool and/or Bluish Skin
- ▶ Slurred Speech
- ▶ Clumsy Movements
- ▶ Irritable or Irrational Behavior

Frost Bite

- ▶ Freezing in deep layers of skin
- ▶ Pale, waxy skin color
- ▶ Skin becomes hard and numb
- ▶ Usually affects hands, feet, ears, and nose

WHAT TO DO IN CASE OF INJURY

1 CALL 911 FOR HELP

2 Move injured person to a cool, dry place. **DO NOT** leave the injured person alone. **DO NOT** rub the affected areas.

3 Have the injured person drink warm, sweet drinks like sugar-water or sports drinks. **AVOID CAFFEINE.**

4 In case of **HYPOTHERMIA:** Have the person move arms/legs to create heat. If unable, place heat packs or warm bottles in arm pits, groin, neck, and head areas.

In case of **FROST BITE:** Gently place the area in a warm water bath, slowly warming the tissue. **DO NOT** warm too fast. Warming takes 25-40 minutes.

WARNING

Cold injury risk by temp. and wind

