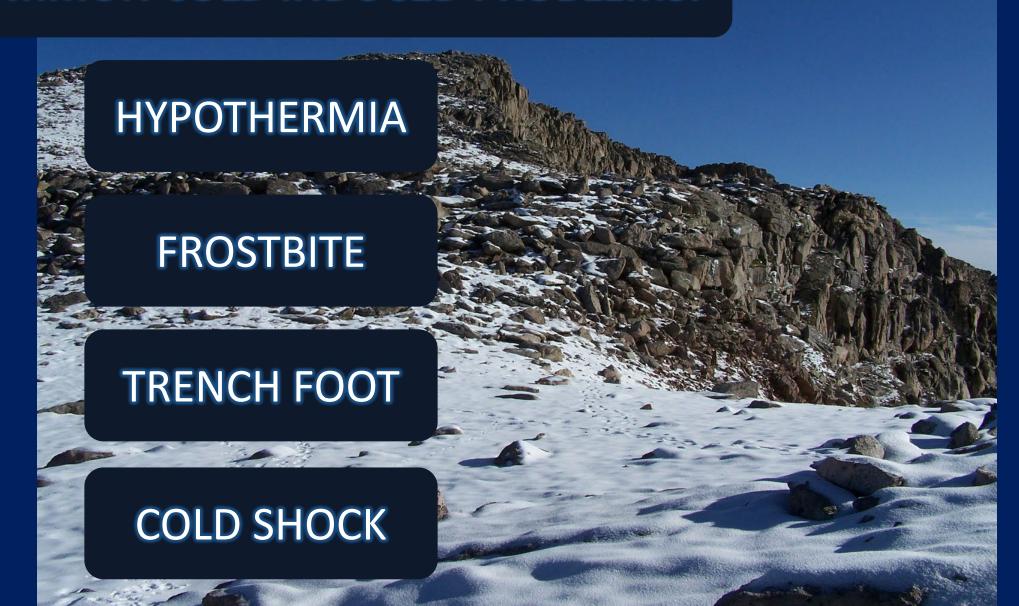
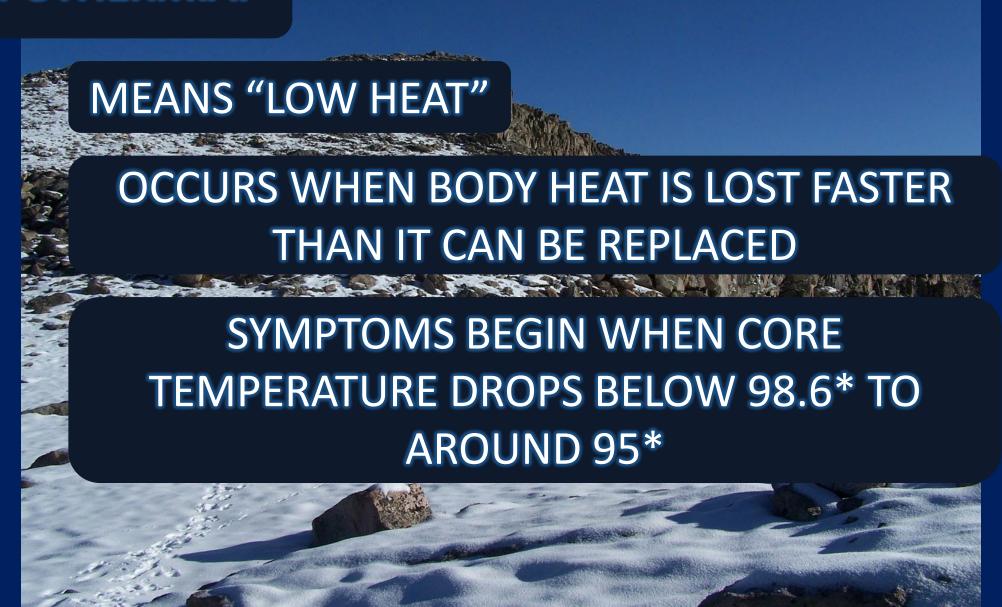


COMMON COLD INDUCED PROBLEMS:



HYPOTHERMIA:



SYMPTOMS OF HYPOTHERMIA:

DROWSINESS, CONFUSION, WEAKNESS

PALE SKIN & UNCONTROLLED SHIVERING

VICTIMS LOSE THE ABILITY TO THINK OR MOVE – MAY NOT EVEN KNOW THEY NEED HELP

BODY SLOWS, HEART RATE DIMINISHES – LEADS TO CARDIAC ARREST

TREATMENT FOR HYPOTHERMIA:

MILD CASES:

- MOVE TO A WARM AREA STAY ACTIVE
- REMOVE / REPLACE WET CLOTHING
- COVER HEAD, FINGERS & TOES
- GIVE WARM SUGAR WATER EVERY 15 MINUTES



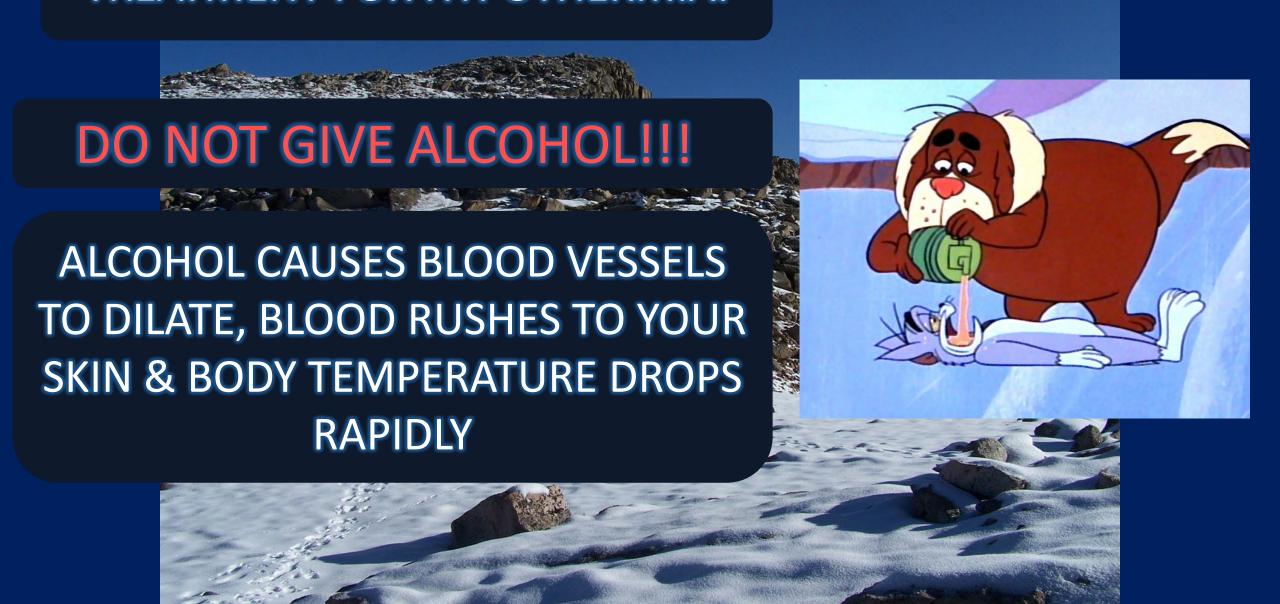
TREATMENT FOR HYPOTHERMIA:

SEVERE CASES:

- CONTACT EMERGENCY PERSONNEL
- COVER ALL EXTREMITIES
- DO NOT REWARM TOO QUICKLY!!
- BEGIN CPR IF THE PERSON SHOWS NO SIGN OF LIFE



TREATMENT FOR HYPOTHERMIA:



FROSTBITE:



- OCCURS WHEN SKIN FREEZES & LOSES WATER
- SKIN BECOMES HARD & NUMB TURNS BLACK
- AFFECTS FINGERS/HANDS, TOES/FEET, EARS & NOSE
- AMPUTATION MAY BE REQUIRED IN SERIOUS CASES
- WIND CHILL CAN ALLOW IT TO OCCUR EVEN IN TEMPERATURES ABOVE FREEZING

TREATMENT FOR FROSTBITE:

- DO NOT RUB AREA!!
- MOVE TO A WARM AREA
- WRAP AREA IN SOFT CLOTH
- CONTACT EMERGENCY PERSONNEL



TRENCH FOOT:

- NAMED AFTER TRENCH WARFARE IN WWI
- CAUSED BY PROLONGED EXPOSURE OF FEET TO DAMP, COLD CONDITIONS
- DOES NOT NEED FREEZING TEMPERATURES –
 CAN OCCUR IN TEMPS AS HIGH AS 60*



TREATMENT FOR TRENCH FOOT:

- WRAP IN WARM DRY CLOTH BANDAGES
- AIR THE FEET REGULARLY
- KEEP FEET WARM AND DRY
- SEEK MEDICAL ASSISTANCE FOR ADVANCED CASES

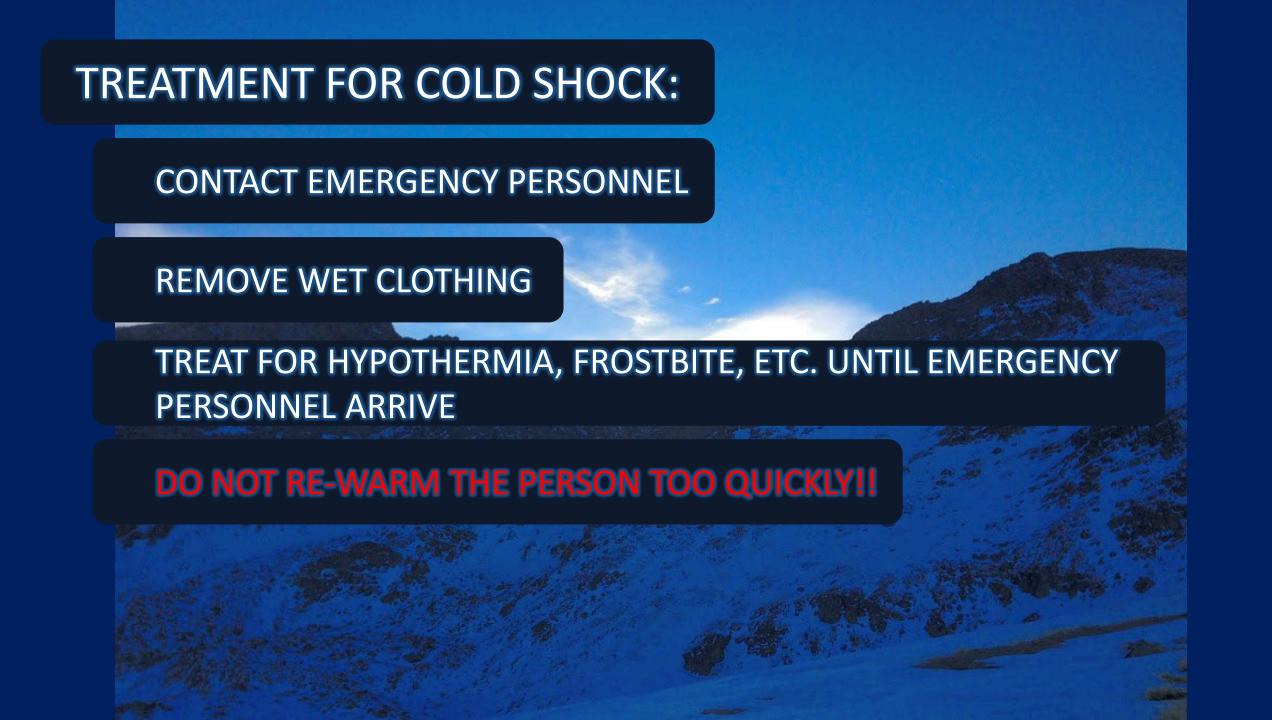


COLD SHOCK:

COLD SHOCK IS THE RESPONSE OF THE BODY TO SUDDEN COLD, ESPECIALLY COLD WATER.

COLD SHOCK IS THE MOST COMMON CAUSE OF DEATH FROM IMMERSION IN VERY COLD WATER, SUCH AS FALLING THROUGH THIN ICE

ABILITY TO SAVE ONESELF DECLINES SUBSTANTIALLY AS THE BODY PROTECTIVELY CUTS OFF BLOOD FLOW TO NON-ESSENTIAL MUSCLES



PREVENTATIVE MEASURES:

- SCHEDULE HEAVIER WORK DURING WARMER PARTS OF THE DAY
- WORK IN PAIRS
- CONSUME WARM & HIGH CALORIE FOODS
- DRINK PLENTY OF LIQUIDS



PREVENTATIVE MEASURES:

- WEAR AT LEAST THREE LAYERS OF CLOTHING
- AVOID COTTON
- WEAR A HAT / GLOVES
- WEAR INSULATED BOOTS OR FOOTWEAR
- KEEP A CHANGE OF DRY CLOTHING



ADDITIONAL INFORMATION:

COLD STRESS, OCCUPATIONAL HEALTH & SAFETY ADMINISTRATION, SAFETY AND HEALTH GUIDES.

http://www.osha.gov/Publications/coldcard/coldcard.html

