Working in the Cold

Brrring Down the Risks of Frostbite and Hypothermia in the Cold

- Keep moving.
- Take extra care if it's wet or windy outdoors.
- Wear warm, loose, layered clothing.
- Cover your feet, hands, face, and head.
- Get to a warm area and into warm, dry clothes or blankets if you're:
  - Having frostbite or hypothermia symptoms;
  - Wet; *or*
  - Uncomfortably cold or numb.

Frostbite = Frozen Tissues

Symptoms:

- Feel extremely cold, numb, and possibly tingly or aching
- White or grayish yellow glossy skin, sometimes followed by blisters

Treatment:

- Warm frozen part with blankets or warm (not hot) water.
- Don't rub the body part, drink caffeine, or break blisters.
- Don't warm with a hot stove, heat lamp, or hot water bottle.
- Exercise warmed body part (but stay off frostbitten feet).
- Get medical attention.

Hypothermia = Dangerously Low Body Temperature

Symptoms:

- Chills, shivering, and numbness
- Slurred speech, poor coordination, confusion, drowsiness

Treatment:

- Cover with blankets and/or provide body heat.
- Don't give hot baths, or use electric blankets, or use hot water bottles.
- Keep the person awake.
- Get medical attention.

©BLR®—Business & Legal Resources