

# 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

15mph/  
24kph      30mph/  
48kph

30° F / -1° C

**Caution**  
Freezing to exposed  
flesh within 1 hour

0° F / -17° C

**Danger**  
Freezing to exposed  
flesh within 1 min

-30° F / -34° C

**Extreme Danger**  
Freezing to exposed  
flesh within 30 sec

