

## FROSTBITE / FROSTNIP

**Frostnip**, a lesser form of Frostbite, and **Frostbite** itself are commonly caused by wind chill, low temperatures, poor insulation, moisture, tight clothing, and tight boots.

**Symptoms:** Skin appears white and waxy, or gray and mottled. With frostbite the skin can feel hard on the surface but soft below.

**Frostnip** can be dealt with immediately by rewarming the frozen area; ie, placing a warm hand on your cheek, over your nose, or over your ears; tucking cold fingers into your armpit. Remember to reduce further exposure by using hats, gloves, scarves or other appropriate clothing.

**Frostbite** is treated by rapidly rewarming the injured area in warm water *maintained* at between 100° and 105°F. The frozen area should be completely immersed until thawing has been completed. After rewarming, bandage the area with gauze. **Do not rub the frozen area.**

### Caution!

It is very important that the thawing procedure be carried out correctly. For that reason try to get to a hospital as soon as possible. Do not rewarm if there is any further risk of continued exposure to cold.

## HYPOTHERMIA (EXPOSURE TO COLD)

### Symptoms

- Uncontrollable shivering
- Stumbling, clumsiness
- Muscles stiff, speech slurred
- Disoriented, irrational, apathetic
- Cardiac and respiratory failure

### Treatment

- Prevent any further heat loss
- Remove wet clothing and dry the victim's body
- Redress victim in dry clothing
- Cover victim's head with a hat or clothing
- If victim's hypothermia is mild, the above steps plus the use of a hot drink are adequate
- Do not give the victim any alcohol
- For severe hypothermia, actively attempt to rewarm the body's main core before the extremities:
  - \* Place in sleeping bag or wrap in blankets with at least one other person whose body will provide heat to the victim
  - \* If the victim is conscious and alert, give hot drinks and simple foods such as candy bar
  - \* Position victim next to a fire or between two fires; handle very gently
  - \* If a sleeping bag is not available, be creative: huddle close to or hug the victim, use a space blanket reflector