



# ARCO SAFE TOOL BOX TALKS

## First Aid & Medical: Cold Related Illness & Injury



When your body is unable to warm itself to a sustainable temperature, serious cold related illness may result. The two most common cold related illnesses are:

- Frostbite
- Hypothermia

### ***Frostbite***

- Frostbite is very dangerous and can cause permanent injury
- What is happening to your body?
  - Freezing in deep layers of skin and tissue
  - Pale, waxy white skin color
  - Skin becomes hard and numb
  - Usually affects fingers, hands, toes, feet, ears, and nose

### ***Hypothermia***

- Hypothermia is a medical emergency; if not handled properly and immediately, hypothermia can kill you
- What happens to your body?
  - Body temp drops to or below 95°F (98.6°F is Normal)
  - Fatigue or drowsiness
  - Uncontrolled shivering
  - Cool bluish skin
  - Slurred speech
  - Clumsy movements
  - Irritable, irrational confused behavior

### ***Prevention of Cold Related Illness & Injury***

- Know the signs and symptoms of cold related injury/illness
- Wear proper clothing for cold, wet, and windy conditions
- Layer clothing so you can adjust with changing temperatures
- Avoid exhaustion or fatigue, your body needs energy to stay warm
- Take frequent, short breaks in warm dry shelters to allow your body to warm up
- Prepare for the Forecasted Weather!!!!