

FROSTBITE & HYPOTHERMIA: HOW TO SPOT

Working in cold conditions can pose serious risks, even if you're dressed warmly. It's crucial to recognize the symptoms of frostbite and hypothermia to prevent severe health issues.

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.

SIGNS & SYMPTOMS

- < Redness in any skin area
- < Pain in any skin area
- < A white or grayish-yellow skin area
- < Skin that feels unusually firm or waxy
- < Numbness



HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.

SIGNS & SYMPTOMS

- < Shivering
- < Exhaustion
- < Confusion
- < Fumbling hands
- < Memory loss
- < Slurred speech
- < Drowsiness



WHAT TO DO

If a person's temperature is below 95° get medical attention immediately. To learn more, please visit the [CDC page](#).