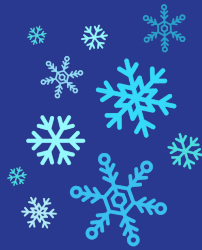


# Winter Safety

Project First Aid: Module 6  
Camelia and Kim



## What We'll Cover Today

- Hypothermia
  - Symptoms
  - Causes
  - Treatment
  - Prevention
- Frostbite
  - Symptoms
  - Causes
  - Treatment
  - Prevention
- Driving in the Snow
- Staying Warm
- Winter First Aid Kit

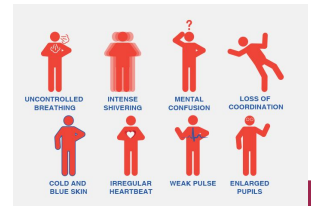


## What is Hypothermia?

- *Hypothermia* occurs when your body temperature falls below 95° F or 35°C
- Normal body temperature is around 98.6°F or 37°C
- When your body temperature drops, different parts of your body cannot work normally. This could cause your heart and lungs to fail, leading to death. It also impairs your brain, leading to confusion.
- Usually caused by being outside in cold weather or being in cold water for too long

## Symptoms of Hypothermia

- Shivering
- Slurred speech/ mumbling
- Shallow breathing
- Weak pulse
- Lack of coordination
- Drowsiness/ low energy
- Confusion
- Loss of consciousness
- Bright red, cold skin



## Stages of Hypothermia

- **Stage 1**
  - Shivering, reduced circulation
- **Stage 2**
  - Weak pulse, slowed breathing, lack of coordination, confusion, drowsiness
- **Stage 3**
  - Weak or absent respiration and pulse, loss of consciousness



## Hypothermia Treatment

- Call 911 immediately: You must seek emergency help for hypothermia!
- While waiting for emergency help,
  - Gently move the person inside
  - Remove their wet clothing
  - Cover them with warm, dry clothes or blankets



## What is Frostbite?

- Frostbite occurs when skin is exposed to the cold over a long period of time and the tissues below the skin freeze
- It can affect any part of the body
- However, the most commonly affected areas are the **hands, feet, ears, and nose**. These are the areas that are most likely to be exposed to the cold when you're outside.



## Symptoms of Frostbite

- Frostbite symptoms begin when the affected area begins to turn red and feel painful
- If exposure to the cold continues, you may feel the sensation of 'pins and needles' in the area
- Then the area will turn numb as the tissues freeze
- Skin will become white, blue, or blotchy as exposure to cold continues

## Degrees of Frostbite

- **First-degree (Frostnip):** Irritates the skin, but is not serious and the damage does not last. It may cause some pain as the skin warms again
- **Second-degree:** Causes blisters and deeper tissue damage. Does not cause permanent damage
- **Third-degree:** Damages all layers of the skin, which turns black. Damage is permanent. In very severe cases, bone and tendon freeze as well



## Important Note

- When you're out in the cold, you may think that no damage is occurring
- The skin must be rewarmed before the degree of frostbite can be known
- While outside, the skin will not blister or turn black. This will only occur after the skin is rewarmed
- For this reason, it's extremely important to avoid exposure to cold for a long time

**IMPORTANT**

## Frostbite Treatment

- First, call for emergency medical care!
- Treatment depends on how severe the frostbite is
- It is best if a medical professional is available to handle the care, because they will know what stage it is and what to do for each



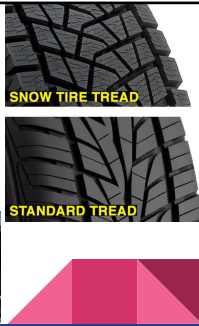
## Frostbite Treatment

- If there is no medical care available, or you have to wait for care, some steps can be taken:
  - Take ibuprofen
  - Rewarm the area by soaking the area in **warm** (but not hot) water
  - Do this for 30 minutes, or until the area is red-purple colored and can be moved easily
  - After the area has been warmed, wrap the area in clear bandages (if it's the hands or feet, wrap each finger or toe separately)
  - Avoid contact with the area



## Driving in the Snow

- Drive slowly
  - Accelerating, stopping, and turning all take more time than it does on dry pavement.
- Snow tires



## General Winter Safety Tips

- Avoid long exposure to cold weather
- Dress in layers of clothing
- Protect the feet, hands, head, ears, and nose from extreme low temperatures
- Stay well hydrated if you are spending time outdoors
- Sit and stand in positions that allow for proper circulation
- Be careful of drinking alcohol; your body will not be able to warn you as well if you are cold.



## Winter Survival Kit

- Water
- Blankets
- Flashlights/ Flares
- Shovel
- Power Source
- Food
- Tool Kit
- First Aid Kit
- Toiletries



## Vocabulary

Hypothermia	Circulation
Shivering	Stranded
Shallow	Extreme
Gradually	Pavement
Exposure	Coordination