Protect yourself in the cold:
- Layer clothing (as shown on the right)
- Avoid cotton as a base layer because it retains moisture, making you colder
- Wear synthetic/wool socks and insulated boots
- Wear a hat and gloves/mittens
- Cover your mouth to protect lungs
- Keep all clothing dry (bring extra)
- Take warm breaks
- Stay hydrated with water and hot beverages (avoid caffeine, alcohol)

<table>
<thead>
<tr>
<th>Cold Related Illness</th>
<th>Symptoms</th>
<th>First Aid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Frostnip</strong></td>
<td>• Pale or red skin</td>
<td>• Frostnip is easily cured by getting out of the cold. Get into a warm room ASAP.</td>
</tr>
<tr>
<td>The surface of the skin freezes (no permanent damage).</td>
<td>• Prickling, tingling</td>
<td>• Warm the affected area using body heat.</td>
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<tr>
<td></td>
<td>• Numbness</td>
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<tr>
<td><strong>Frostbite</strong></td>
<td>• Bluish or pale, waxy skin</td>
<td>• Alert supervisor and request medical assistance.</td>
</tr>
<tr>
<td>The skin and the underlying tissues freeze (may cause permanent damage).</td>
<td>• Stinging or aching</td>
<td>• Get into a warm room ASAP.</td>
</tr>
<tr>
<td></td>
<td>• Loss of feeling / use of area</td>
<td>• Warm the affected area using body heat.</td>
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<tr>
<td></td>
<td></td>
<td>• Do not walk on frostbitten feet. Do not rub the frostbitten area.</td>
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<td></td>
<td>• Immers the affected area in warm (not hot) water.</td>
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<tr>
<td><strong>Hypothermia</strong></td>
<td>Early Symptoms:</td>
<td>• Alert supervisor and request medical assistance.</td>
</tr>
<tr>
<td>Abnormally low body temperature.</td>
<td>• Shivering, fatigue</td>
<td>• Get into a warm room ASAP.</td>
</tr>
<tr>
<td></td>
<td>• Confusion, disorientation</td>
<td>• Remove wet clothing.</td>
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<td></td>
<td>Late Symptoms:</td>
<td>• Gradually warm the body starting with the center.</td>
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<tr>
<td></td>
<td>• No shivering</td>
<td>• Keep victim dry and wrapped in a warm blanket,</td>
</tr>
<tr>
<td></td>
<td>• Blue skin</td>
<td>• Give warm beverages (Do not try to give beverages to an unconscious person).</td>
</tr>
<tr>
<td></td>
<td>• Slowed pulse/breathing</td>
<td>• If victim has no pulse, begin CPR if trained.</td>
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<tr>
<td></td>
<td>• Loss of consciousness</td>
<td></td>
</tr>
</tbody>
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