



TROOP 880 / SOUTH WINDSOR, CT

PREVENTING COLD WEATHER INJURIES

C.O.L.D. — INJURY PREVENTION



- ✘ C: keep it CLEAN
- ✘ O: avoid OVERHEATING
- ✘ L: LAYERS of LOOSE clothing
- ✘ D: stay DRY (no cotton, wear wicking fabrics)

TYPES OF COLD WEATHER INJURIES

- ✘ FROSTBITE
- ✘ HYPOTHERMIA
- ✘ CHILBLAIN
- ✘ TRENCH FOOT (IMMERSION FOOT)



It is important to protect yourself from these cold weather injuries and to recognize when they occur.

FROSTBITE

- × CAUSE- exposure to temperatures below 32 degrees F.
- × SYMPTOMS-
numbness / tingling in affected areas
pale, yellow-gray skin
frozen tissue feels hard

- × Prevention-
Wear non-cotton gloves, socks and clothing.
Keep face and ears covered and dry.
Avoid tight socks and gloves.

FIRST AID FOR FROSTBITE

- ✘ Ears, nose, fingers or toes feel painful and then numb.
- ✘ Get into a tent or building.
- ✘ Warm the affected area and keep it warm.
- ✘ If an ear or cheek is frozen, warm the area applying palm of an ungloved hand.
- ✘ If a hand is affected, slip the hand under your clothing, and tuck it in your armpit.
- ✘ Treat frozen toes by placing the victim's bare feet against your warm belly.
- ✘ DO NOT RUB FROSTBITTEN FLESH AS IT MAY CAUSE DAMAGE.
- ✘ Warm a frozen body part by placing under warm – not hot- running water or wrap in a dry blanket.
- ✘ Have the victim exercise fingers and toes to increase blood flow to the affected areas.
- ✘ DO NOT ALLOW THE AFFECTED AREAS TO RE-FREEZE.
- ✘ Get the victim to a doctor as soon as possible.



HYPOTHERMIA (LOW BODY TEMPERATURE)

× Cause-

Prolonged exposure to cold → loss of core body heat (especially with wet clothing)

× Symptoms-

Uncontrolled shivering.
Drowsiness, mental confusion, poor coordination. **SERIOUS**

× Prevention-

Dress in layers with non-cotton clothing.

Seek warming areas.

Change out of wet clothes.

× Treatment-

Buddy system.

Requires re-warming.

HYPOTHERMIA

- ✘ HYPOTHERMIA is possible for anyone who is not dressed warmly enough. The temperature does not need to be below freezing. A lightly dressed hiker in a windy rainstorm can develop hypothermia.
- ✘ Swimming or immersion can quickly lead to hypothermia even in the summer.
- ✘ Factors that predispose to hypothermia include:
WIND, RAIN, HUNGER, THIRST, EXHAUSTION.

HYPOTHERMIA AND THE BUDDY SYSTEM

- ✘ Use buddy system.
- ✘ The entire group may be at risk for hypothermia.
- ✘ Protect yourself and others.
- ✘ Everyone should take shelter if needed and change into dry, warm clothing.
- ✘ Have something to eat and drink.
- ✘ LOOK OUT FOR EACH OTHER!



FIRST AID FOR HYPOTHERMIA

- ✘ Take the victim into a building or tent and get him into warm clothes.
- ✘ Zip him into a dry sleeping bag.
- ✘ Offer an alert victim warm or hot drinks (cocoa, soup, tea, juices).
- ✘ Place bottles of warmed fluid in victim's armpits and groin.
- ✘ For more severe hypothermia, breathing moist air can help. (Boil a pot of water indoors.)
- ✘ SEEK MEDICAL ATTENTION FOR THE VICTIM!



CHILBLAIN

× Cause-

Continuous or repeated exposure of skin to cold/wet weather for more than 1 to 5 hours.

× Symptoms-

Swollen, red skin or darkening of skin.

Tender, painful skin.

Skin is red, hot and itchy upon re-warming.

× Prevention-

Protect hands with gloves or mittens.

Never remove clothes in extreme cold environments.

Avoid cotton clothes.

TRENCH FOOT (IMMERSION FOOT)

✘ Cause-

Prolonged exposure of tissue (feet) to cold and wetness.

✘ Symptoms-

Cold, numb feet that may progress to hot, shooting pain.

Swelling, redness and bleeding.

May become pale and blue.

✘ Prevention-

Keep feet clean and dry.

Change out of wet or damp socks and boots.

Wipe and dry the inside of Vapor Barrier boots at least once a day.

Dry damp or wet boots by stuffing them with dry paper towels.

Wear water proof boots.

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Prolonged exposure to cold → loss of core body heat (especially with wet clothing)

× Symptoms-

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Drowsiness, mental confusion, poor coordination. **SERIOUS**

× Prevention-

Dress in layers with non-cotton clothing.

Seek warming areas.

Change out of wet clothes.

× Treatment-

Buddy system.

Requires re-warming.

SLEEPING OUTDOORS IN THE COLD

- ✘ Use a cold rated sleeping bag.
- ✘ Consider two sleeping bags.
- ✘ Consider sleeping bag liner.
- ✘ Use a proper ground mat for insulation and pillow.
- ✘ Sleep in appropriate clothing but don't wear coat or snow pants to sleep.
- ✘ Wear a cap to keep head warm.
- ✘ Keep interior of tent dry. Keep snow outside.
- ✘ Use a ground cloth under tent.
- ✘ Never use a heater that burns fuel inside a tent. It can cause asphyxiation by CARBON MONOXIDE POISONING.

- ✘ Always use the BUDDY SYSTEM.



**BE SMART. BE SAFE. BE A BUDDY.
HAVE A GREAT TIME.**

TROOP 880 / BOY SCOUTS of AMERICA
SOUTH WINDSOR, CT