

FROSTBITE PREVENTION

As we are approaching winter, think about gathering up proper gear.

BE SURE TO HAVE:

- Warm Gloves/Mittens
- Warm Coat & Pants
- Waterproof Boots
- Stocking Hat/Beanie.
- Face Protection

Keep these things in the truck with you. Make sure you have access to them. Be prepared & use this equipment, even if you do not think you need it. Help each other & remind others to always be ready.

In order to detect frostbite early, when it's most treatable, it's important to recognize the symptoms. **The first signs of frostbite include redness and a stinging, burning, throbbing or prickling sensation followed by numbness.** If this occurs, get indoors or into warm truck immediately.

Wear insulated mittens or gloves to help protect hands from the cold.

Make sure snow cannot get in of boots or clothing. Wet clothing increases the risk of developing frostbite. Before heading outdoors, make sure that snow cannot easily get inside of boots or clothing. Limit time spent outside – take breaks and go into warm area periodically rather than staying outside.

FROSTBITE & DRY SKIN

Frostbite is an injury caused by freezing of the skin & underlying tissues.

In the earliest stage of frostbite, known as frostnip, there is no permanent damage to skin. Symptoms include cold skin & a prickling feeling, followed by numbness & inflamed discolored skin.

As frostbite worsens, skin may become hard or waxy-looking. Exposed skin in cold, windy weather is most vulnerable to frostbite, but it can affect skin covered by gloves or other clothing.

You may not realize you have frostbite until someone else points it out.

You can treat frostnip by rewarming. Other frostbite requires medical attention because it can permanently damage skin, muscle, bone and tissue.