

COLD WEATHER HAZARDS

HYPOTHERMIA- Body temperature drops below 95°F (normal 98.6°F)

EARLY SYMPTOMS



Uncontrollable shivering*



Confusion



Slow/slurred speech



Exhaustion



Poor balance, stumbling



Drowsiness

*Medical emergency if shivering *stops* when still exposed to the cold

FROSTBITE - Cold causes skin to freeze

HOW LONG UNTIL FROSTBITE?

Wind speed (mph)	Temperature (° F)					
	5	0	-5	-10	-15	-20
5	-5	-11	-16	-22	-28	-34
10	-10	-16	-22	-28	-35	-41
15	-13	-19	-26	-32	-39	-45
20	-15	-22	-29	-35	-42	-48
25	-17	-24	-31	-37	-44	-51
30	-19	-26	-33	-39	-46	-53
35	-21	-27	-34	-41	-48	-55
40	-22	-29	-36	-43	-50	-57
Minutes to Frostbite	30		10			5

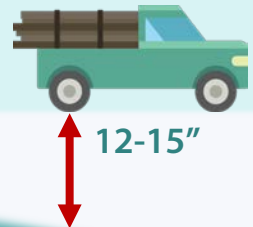
SYMPTOMS OF FROSTBITE

- ❄️ Loss of feeling
- ❄️ White, gray, yellow skin
- ❄️ Firm or waxy skin

COMMONLY AFFECTED AREAS

- ❄️ Ears
- ❄️ Nose
- ❄️ Cheeks
- ❄️ Chin
- ❄️ Fingers
- ❄️ Toes

MINIMUM THICKNESS RECOMMENDED FOR NEW, CLEAR ICE



- ❄️ Check ice thickness at least every 150 feet
- ❄️ **Double** these depths with white ice or "snow ice"
- ❄️ The local bait shop has ice condition information

PREVENT FROSTBITE AND HYPOTHERMIA

DRESS IN LAYERS

Hat, knit mask

Scarf or neck gaiter

Several layers of
loose fitting clothing

Mittens or gloves

Wind and water
resistant outer layer
(jacket not shown)

Water-resistant boots,
wool or synthetic socks,
ice cleats if needed



LAYER MATERIALS

Base:

Synthetic fabric that fits snugly

Mid:

1-3 layers of shirts and pants: wool, fleece, or synthetic fabrics

Insulating:

Thick down or synthetic down
In *wet* conditions, use *synthetic down*

Outer:

Windproof, breathable shell



coil



chain



spike



crampon

IF HYPOTHERMIA OR FROSTBITE IS SUSPECTED:


1. Seek immediate medical assistance
2. Move to warm room or shelter
3. Remove wet clothing
4. Dress in dry clothing and wrap in blanket
5. Place frostbitten areas in warm water

Once out of the cold, **do not walk** if toes or feet are frostbitten.

Do not rub skin that is potentially frostbitten.



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