Cold Weather ESTELIES End Infiries (her?

In Cold Weather:

- Train soldiers on the proper use of cold weather clothing
- Remember the acronym C-O-L-D when wearing clothing in cold weather (C: Keep it Clean; O: avoid Overdressing; L: wear clothing Loose and in layers; D: keep clothing Dry)
- Maintain adequate hydration and ensure nutritional requirements are met

	• Chilblain
Cause	 Repeated exposure of bare skin for prolonged periods from 20°- 60°F with high humidity (for those not acclimated to cold weather).
Symptoms	 Swollen, red skin (or darkening of the skin in dark-skinned soldiers) Tender, hot skin, usually accompanied by itching
first•Aid	 Warm affected area with direct body heat Do not massage or rub affected areas Do not wet the area or rub it with snow or ice Do not expose affected area to open fire, stove, or any other intense heat source
Prevention	 Use contact gloves to handle all equipment; never use bare hands to handle equipment Use approved gloves to handle all fuel and POL* products In the extreme cold environment, do not remove clothing immediately after heavy exertion (PT); wait until you are in a warme location Never wear cotton clothing in the cold weather environment
	-• Hypothermia
Cause	 Prolonged cold exposure and body-heat loss. May occur at temperatures above freezing, especially when a person is wet
Symptoms	 Shivering may or may not be present Drowsiness, mental slowness, lack of coordination. Can progress to unconsciousness, irregular heartbeat, and death
first•Aid	 This is the most serious cold exposure medical emergency and can lead to death! Get the soldier to a medical facility as soon as possible! Even if a victim is cold and is not breathing, never assume someon is dead until determined by medical authorities! Strip off wet clothing and wrap victim in blankets or a sleeping bag Place another person in sleeping bag as an additional heat source For the person with unconsciousness and very low heartbeat, minimize handling of the victim so as to not induce a heart attack
Prevention	 Never wear cotton clothing in the cold weather environment Anticipate the need for warming areas for soldiers exposed to cold, wet conditions
	- Frostbite
Cause	 Freezing of tissue, eg.: Fingers, toes, ears, and other facial parts. Exposure to bare skin on metal, extremely cool fuel and POL*, wind chill, and tight clothing -

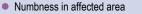
	Immersion foot (trench foot)
Cause	 Prolonged exposure of feet to wet conditions at 32°-60°F. Inactivity and damp socks and boots (or tightly laced boots that impair circulation) speed onset and severity
Symptoms	 Cold, numb feet may progress to hot with shooting pains Swelling, redness, and bleeding
fırst∘Aıd	 If you suspect trench foot, get medical help immediately Rewarm feet by exposing them to warm air Do not allow victim to walk on injury Evacuate victim to a medical facility Do not massage, rub, moisten, or expose affected area to extreme heat
Prevention	 Keep feet clean and dry; change wet or damp socks as soon as possible Wet or damp socks should be dried out as soon as possible to allow them to be re-used The inside of Vapor Barrier boots should be wiped dry at least once per day, or more often as feet sweat Dry leather boots by stuffing with paper towels
Additional Medi	ical Considerations in the Cold Weather environment:
	- Dehydration
Cause Symptoms	 Depletion of body fluids Dizziness Weakness Blurred vision
fırstoAıd	 Replace lost water. Water should be sipped, not gulped Get medical treatment
Prevention	• At a minimum, consume 3-6 quarts of water per day
	Snow Blindness
Cause	 Burning of the cornea of the eye by exposure to intense UV rays of the sun in a snow-covered environment
Symptoms	Pain, red, watery or gritty feeling in the eyes
fırst∘Aıd	 Rest and total darkness; bandage eyes with gauze Evacuate if no improvement within 24 hours
Prevention	 Use sunglasses with side protection in a snow-covered environment

• If sunglasses are not available, use improvised slit glasses

Symptoms

first•Aid

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wind chill, and tight clothing -

particularly boots - can make the

- Tingling, blistered, swollen, or tender areas
- Pale, yellowish, waxy-looking skin (grayish in dark-skinned soldiers)
- Frozen tissue that feels wooden to the touch
- Frostbite can lead to amputation. Evacuate immediately!
- Start first-aid immediately. Warm affected area with direct body heat
- Do not thaw frozen areas if treatment will be delayed
- Do not massage or rub affected areas
- Do not wet the area or rub it with snow or ice
- Do not expose affected area to open fire, stove, or any other intense heat source

Prevention

- Use contact gloves to handle all equipment; never use bare hands to handle equipment
- Use approved gloves to handle all fuel and POL*
- Never wear cotton clothing in the cold weather environment
- Keep face and ears covered and dry
- Keep socks clean and dry
- Avoid tight socks and boots



Carbon Monoxide Poisoning

- Replacement of oxygen with carbon monoxide in the blood stream caused by burning fuels without proper ventilation
- Headache, confusion, dizziness, excessive yawning
- Cherry red lips and mouth (in light skinned individuals), grayish tint to lips and mouth (in dark skinned individuals)
- Unconsciousness
- Move to fresh air
- CPR if needed

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Cause

Symptoms

first=Aid

Prevention

- Administer oxygen if available Evacuate
- Use only Army-approved heaters in sleeping areas, and ensure that personnel are properly licensed to operate the heaters
- Never sleep in running vehicles
- Always post a fire guard when operating a heater in sleeping areas

* POL - petoleum, oil, lubricants

See http://chppm-www.apgea.army.mil/coldinjury for an electronic version of this document and other resources.

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