

BRAVE THE WINTER RESPONSIBLY

goSafe

SPOT THE SIGNS OF COLD STRESS

Cold Stress risk factors: Low temperature, high humidity, windy conditions, thin clothing, light activity



HYPOTHERMIA

The core body temperature drops below 95°F/35°C, affecting senses, coordination and brain function

- Shivering
- Loss of coordination
- Confusion/slurred speech
- Slow heart rate/breathing
- Hallucinations
- Unconsciousness

TRENCHFOOT

Prolonged wet/cold feet causes lower circulation, leading to loss of footing and increased risk.

- Reddening skin
- Tingling & pain
- Swelling
- Leg cramps
- Numbness
- Blisters

FROSTBITE

Freezing skin and tissues can cause permanent damage to the body, including amputation.

- Reddened skin
- Gray/white patches in the fingers, toes, or face
- Tingling, aching, itching and burning
- Numbness, firm/hard skin
- Blisters

PREVENTION



Monitor your temperature



Avoid windy areas



Drink warm fluids



Wear Multiple layers



Take breaks in warm room



Use heat packs

EMERGENCY



CALL 911 immediately



Move to a warm, dry room



Wear Warm, dry clothes



Wrap in warm, dry blankets



Apply heat packs



Give hot drink