

Since we learned about the Wind Chill Index last week, it is a good idea to discuss the effects of cold weather injuries this week. Frostbite and hypothermia are cold-related emergencies that may quickly become life or limb threatening if we do not know what to do.

Signals of frostbite include

- lack of feeling in the affected area.
- skin that appears waxy, is cold to the touch, or is discolored (flushed, white or gray, yellow or even blue).

What to do for frostbite.

1. Move the person to a warm place.
2. Handle the area gently; never rub the affected area.
3. Gently warm by soaking the affected area in warm water (100–105 degrees F) until it appears red and feels warm.
4. Loosely bandage the area with dry, sterile dressings.
5. If the person's fingers or toes are frostbitten, place dry, sterile gauze between them to keep them separated.
6. Avoid breaking any blisters.
7. Do not allow the affected area to refreeze.
8. Seek professional medical care as soon as possible.

Hypothermia is another cold-related emergency and is caused by the cooling of the body caused by the failure of the body's warming system. The goals of first aid are to restore normal body temperature and to care for any conditions while waiting for EMS personnel.

Signals of hypothermia include:

- Shivering
- Apathy
- Loss of Consciousness
- Numbness
- Weakness
- Glassy Stare
- Impaired Judgement

What to do for hypothermia.

1. CALL 9-1-1 or the local emergency number.
2. Gently move the person to a warm place.
3. Monitor breathing and circulation. Give rescue breathing and CPR if needed.
4. Remove any wet clothing and dry the person.
5. Warm the person slowly by wrapping in blankets or by putting dry clothing on the person. Hot water bottles and chemical hot packs may be used when first wrapped in a towel or blanket before applying. Do not warm the person too quickly, such as by immersing him or her in warm water. Rapid warming may cause dangerous heart arrhythmias. Warm the core first (trunk, abdomen), not the extremities (hands, feet). This is important to mention because most people will try to warm hands and feet first and that can cause shock.



Tool Box Talk/Safety Meeting Sign In Sheet

Email to chris@hudsonbayins.com or safety@hudsonbayins.com or text to (206) 730-6273

Topic: _____ Date: _____

Discussion Leader: _____ Job Name: _____

	Employee Name	Employee Signature
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Employee Comments, Concerns, Suggestions or Recommendations to improve workplace safety & health:

Please submit this document immediately upon completion of the meeting to the safety department and retain the original copy of this document in the Safety & Risk Management Plan.