

COLD WEATHER

With low temperatures comes a responsibility to prepare and take precautions against cold weather.

Prepare for Cold Weather

- Check the weather forecast
- Adjust your schedule
- Protect pets and property
- Fill up the gas tank in your vehicle
- Dress for the outdoors even if you do not think you will be outside much
- Update your vehicle emergency kit with winter essentials such as shovels, ice scrapers, and extra blankets and clothes.



Cold Water Safety

How can I be prepared?

- Always wear a life jacket.
- Wear cold water protection for the water temperature such as a wet/dry suit.
- Check weather and water temperatures before you go out.

What do I do if I fall in?

- Stay calm and control breathing.
- Minimize time in the water, if not possible...
- Evaluate your options
 - Do not swim aimlessly because you can lose heat quickly, conserve energy and heat and await rescue.

Hypothermia

- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
- Signs:
 - Shivering
 - Slow breathing
 - Confusion
 - Fumbling hands
 - Drowsiness
- Actions:
 - Seek immediate medical attention
 - Move to a warm place
 - Warm the center of the body first
 - Remove wet clothing if needed and cover with blankets.



Frost Bite

- Frostbite causes loss of feeling and color around the face, fingers, and toes.
- Signs:
 - Numbness
 - Skin turns red, white, or pale
 - Hard or waxy-looking skin
 - Clumsiness
 - Blistering
- Actions:
 - Protect from further cold
 - Move to a warm place
 - Take a warm, not hot, bath
 - Do not massage the area or walk if feet are frost bitten

