

# 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

