



# Customer Focus on Loss Control

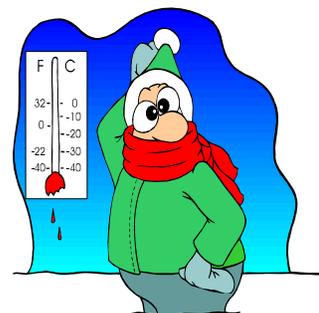
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## Frostbite in Construction

Exposure to extreme cold can cause injury and tissue damage. Frostbite results from exposure to severe cold; it is most likely to occur during windy conditions. Wind takes heat from the body rapidly.

Signs and symptoms of oncoming frostbite are not always readily apparent to the victim. Since frostbite has a numbing effect, one can not always tell that it is happening.

Frostbite advances through stages. The best remedy for frostbite is prevention, but should frostbite occur, follow this guide:



| STAGE                        | SYMPTOM   | TREATMENT  |
|------------------------------|---|--|
| <b>Frostnip</b>              | <ul style="list-style-type: none"> <li>* Area feels numb</li> <li>* Skin turns red, then white</li> </ul>   | <ul style="list-style-type: none"> <li>* Place hands on frostnipped parts</li> <li>* Place frostnipped fingers in armpit</li> </ul>  |
| <b>Superficial Frostbite</b> | <ul style="list-style-type: none"> <li>* Skin turns white and waxy and is firm to touch</li> <li>* Underlying tissue is soft</li> <li>* Surface area is numb</li> </ul>       | <ul style="list-style-type: none"> <li>* Do not rub</li> <li>* Move to warm area</li> <li>* Apply a steady warm cover with dry sterile dressing</li> <li>* Get medical attention</li> </ul>  |
| <b>Deep Frostbite</b>        | <ul style="list-style-type: none"> <li>* All feeling in area is lost</li> <li>* Underlying tissue is firm</li> <li>* Skin turns white, yellow-white, or blue-white</li> </ul> | <ul style="list-style-type: none"> <li>* Leave frozen</li> <li>* Cover with dry, sterile dressing</li> <li>* Transport to hospital</li> <li>* If there is delay in transport, warm with 105° water; can use warm cloths</li> </ul> |

### General Rules for Treating Frostbite

| DO  | DO NOT  |
|---|---|
| <ul style="list-style-type: none"> <li>* Apply loose, soft, sterile dressing</li> <li>* Splint and elevate extremities</li> <li>* Give warm fluids containing sugar</li> <li>* Get medical attention</li> </ul> | <ul style="list-style-type: none"> <li>* Rub or manipulate frostbitten parts</li> <li>* Use hot water bottles or heat lamps</li> <li>* Use a stove, fire, or exhaust system</li> <li>* Smoke (it restricts blood vessels)</li> <li>* Drink coffee, tea, or chocolate (restricts blood vessels)</li> <li>* Walk (if feet are frostbitten)</li> </ul> |

