

# NOVEMBER *Safety Talk*

## Topic: Frostbite

### *Do you know the stages and treatment for frostbite?*

Frostbite most typically affects the ears, cheeks, nose, fingers and toes. By using a “buddy system” it is possible to prevent frostbite injuries from occurring if co-workers are educated in the signs and symptoms of the disorder.



First Aid Treatment for Frostbite		
Stage of Frostbite	Signs and Symptoms	First-Aid Treatment
<b>Frostnip</b>	<ul style="list-style-type: none"> <li>Freezing of the top layers of skin tissue</li> <li>Skin appearance: white, waxy; top layer of skin feels hard &amp; rubbery</li> <li>Deep tissue is still soft</li> <li>Numbness</li> </ul>	<ul style="list-style-type: none"> <li>Rewarm the area gently, generally by blowing warm air on it or placing the area against a warm body part</li> <li>Do not rub the area – this causes damage to skin and tissue</li> </ul>
<b>Superficial Frostbite</b>	<ul style="list-style-type: none"> <li>Skin appearance: white</li> <li>To touch: wooden feeling throughout affected area</li> <li>All layers of skin affected</li> <li>Numbness, sensation may be absent</li> </ul>	<ul style="list-style-type: none"> <li>Rewarm as for frostnip if affected area is only small</li> <li>If area is large, use immersion method</li> <li>Transport to hospital if necessary</li> </ul>
<b>Deep Frostbite</b>	<ul style="list-style-type: none"> <li>Skin appearance: white</li> <li>To touch: wooden feeling throughout affected area</li> <li>Includes all layers of the skin</li> <li>May include freezing of muscle and/or bone</li> </ul>	<ul style="list-style-type: none"> <li>Begin rewarming techniques using immersion method</li> <li>Transport to hospital as soon as possible</li> </ul>