



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

