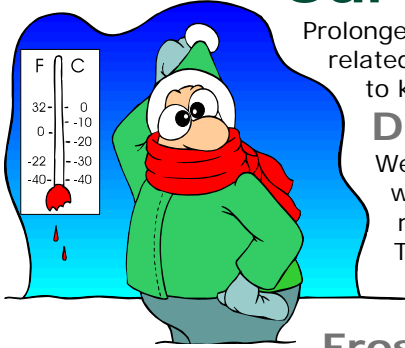


## Surviving the Cold Weather



Prolonged exposure to low temperatures, wind and/or moisture can result in cold-related injury from frostbite and hypothermia. Here are some suggestions on how to keep warm and avoid frostbite and hypothermia.

### Dress properly

Wear several layers of loose-fitting clothing to insulate your body by trapping warm, dry air inside. Loosely woven cotton and wool clothes best trap air and resist dampness.

The head and neck lose heat faster than any other part of the body. Your cheeks, ears and nose are the most prone to frostbite. Wear a hat, scarf and turtleneck sweater to protect these areas.

### Frostbite: What to look for

The extent of frostbite is difficult to judge until hours after thawing. There are two classifications of frostbite:

Superficial frostbite is characterized by white, waxy or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin surface feels stiff and underlying tissue feels soft when depressed.

Deep frostbite is characterized by waxy and pale skin. The affected parts feel cold, hard, and solid and cannot be depressed. Large blisters may appear after rewarming.

### What to do

1. Get the victim out of the cold and to a warm place immediately.
2. Remove any constrictive clothing items that could impair circulation.
3. If you notice signs of frostbite, seek medical attention immediately.
4. Place dry, sterile gauze between toes and fingers to absorb moisture and to keep them from sticking together.
5. Slightly elevate the affected part to reduce pain and swelling.
6. If you are more than one hour from a medical facility and you have warm water, place the frostbitten part in the water (102 to 106 degrees Fahrenheit). If you do not have a thermometer, test the water first to see if it is warm, not hot. Rewarming usually takes 20 to 40 minutes or until tissues soften.

### What not to do

1. Do not use water hotter than 106 degrees Fahrenheit.
2. Do not use water colder than 100 degrees Fahrenheit since it will not thaw frostbite quickly enough.
3. Do not rub or massage the frostbite area.
4. Do not rub with ice or snow.



### Hypothermia

Hypothermia occurs when the body loses more heat than it produces. Symptoms include change in mental status, uncontrollable shivering, cool abdomen and a low core body temperature. Severe hypothermia may cause rigid muscles, dark and puffy skin, irregular heartbeat and respiration, and unconsciousness.

Treat hypothermia by protecting the victim from further heat loss and seeking immediate medical attention. Get the victim out of the cold. Add insulation such as blankets, pillows, towels or newspapers beneath and around the victim. Be sure to cover the victim's head. Replace wet clothing with dry clothing. Handle the victim gently because rough handling can cause cardiac arrest. Keep the victim in a horizontal (flat) position.

Finally, the best way to avoid frostbite and hypothermia is to stay out of the cold. Read a book, clean house or watch TV. Be patient and wait out the dangerous cold weather.

## Necessary Winter Equipment for your vehicle

An emergency situation on the road can arise at any time and you must be prepared. Following a tuneup, a full tank of gas, and fresh anti-freeze, your trunk should carry:

A properly inflated spare tire, wheel wrench and tripod-type jack

A shovel

Jumper cables

Tow and tire chains

A bag of salt or cat litter

Tool kit

A charged cell phone

## Essential Supplies

Be prepared with a "survival kit" that should always remain in the car. Replenish after use. Essential supplies include:

Working flashlight and extra batteries

Reflective triangles and brightly-colored cloth

Compass

First aid kit

Exterior windshield cleaner

Ice scraper and snow brush

Wooden stick matches in a waterproof container

Scissors and string/cord

Non-perishable, high energy foods like unsalted canned nuts, dried fruits, and hard candy

In addition, if you are driving long distances under cold, snowy, and icy conditions, you should also carry supplies to keep you warm, such as heavy woolen mittens, socks, a cap, and blankets.



## If You Become Stranded

Do not leave your car unless you know exactly where you are, how far it is to possible help, and are certain you will improve your situation.

To attract attention, light two flares and place one at each end of the car a safe distance away. Hang a brightly colored cloth from your antenna.

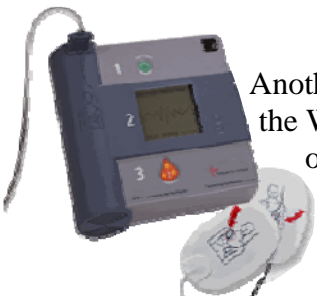
If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.

To protect yourself from frostbite and hypothermia use the woolen items and blankets to keep warm.

Keep at least one window open slightly. Heavy snow and ice can seal a car shut.

Eat a hard candy to keep your mouth moist.

*Above information from National Safety Council*



## AED'S ON CAMPUS

Another AED (Automated External Defibrillator) has been purchased and is located in the Weller Building hallway by Lyle Kathol's office (room 112). Other AED locations on campus include: Lifelong Learning Center, Cox Activities Center, Utility Line/ERC Building and Ag Complex. Please review locations in case you need to use one.