

FROSTBITE

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Superficial frostbite - the full thickness of the skin is frozen.

Signs & Symptoms - white, waxy-looking skin, skin is firm to touch, but tissue underneath is soft, may feel pain at first, followed by numbness

First aid:

- ESM & scene survey
- Re-warm the frostbitten part with the first aider's body heat (not artificial heat) do not rub
- Prevent freezing to these areas again by removing the casualty to warm shelter.

Deep frostbite - skin and the tissues underneath the skin are frozen sometimes to the bone, serious condition, involves a whole hand or foot.

Signs & symptoms - white, waxy looking skin turns grayish blue, skin feels cold and hard and there is no feeling in the area

First aid

- ESM, scene survey, prevent further heat loss, be gentle with tissue
- Do not rub arms and legs, keep casualty still
- Get medical help
- Make sure casualty is warm and comfortable
- Fill a container with warm water and put entire frozen part in it. Keep part in water can take up to 40 minutes and it is painful
- Dry affected part, put dressing on
- Keep part elevated and warm
- Get medical help and give care until help arrives