



# Winter Weather Preparedness

## WORKPLACE WINTER WARNING WATCH LIST



**HYPOTHERMIA**



**FROSTBITE**



**TRENCH FOOT**



### Hypothermia

- Normal body temperature (98.6°F) drops to 95°F or less.
- Mild Symptoms: alert but shivering.
- Moderate to Severe Symptoms: shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

### Frostbite

- Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- Symptoms: numbness, reddened skin develops gray/white patches, feels firm/hard, and may blister.

### Trench Foot (aka Immersion Foot)

- Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environments. Can occur at air temperature as high as 60°F, if feet are constantly wet.
- Symptoms: redness, swelling, numbness, and blisters

