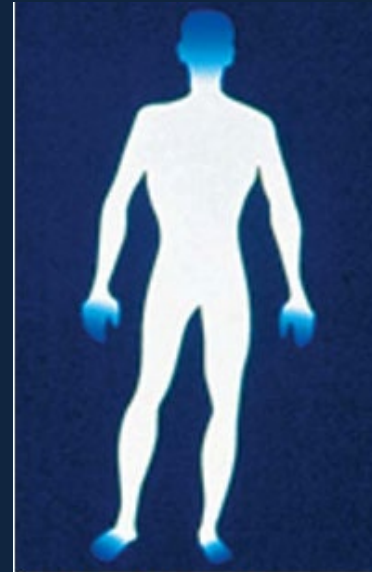


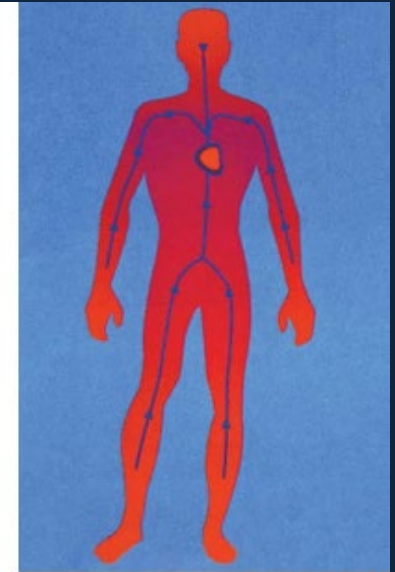
Dangers of Extreme Cold

Hypothermia: A condition when the body temperature drops less than 95°F. It can be fatal.

- **Warning signs include:**
 - uncontrollable shivering
 - memory loss
 - disorientation
 - incoherence
 - slurred speech
 - drowsiness
 - apparent exhaustion
- **Warm the person slowly, starting with the body core. Warming the arms and legs first drives cold blood toward the heart and can lead to heart failure.**



Hypothermia occurs when the extremities are excessively cold (blue)



Improperly warming the body will drive cold blood from the extremities to the heart, leading to heart failure

Did You Know?

- 50% of injuries related to cold happen to people over 60.
- More than 75% happen to males.
- About 20% occur in the home.

Frostbite: Damage to body tissue caused by extreme cold.

- A wind chill of -20°F will cause frostbite in just 30 minutes.
- Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose.



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