

Safety Tip of the Week

Extreme Cold Winter Safety Tips

AFRH

Safety Office reminds you winter storms create a higher risk of car accidents, hyperthermia, frostbite, and heart attacks from overexertion. They bring extreme cold, freezing rain, snow, ice & high winds

Winter storms can:



Last a few hours or several days.



Cut off heat, power and communication services.



Put older adults, children, sick individuals and pets at greater risk.

Learn the signs of, and basic treatments for, frostbite and hypothermia.

Frostbite causes loss of feeling and color around the face, fingers and toes.

- **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.



Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

