

Protect Yourself from Cold Stress

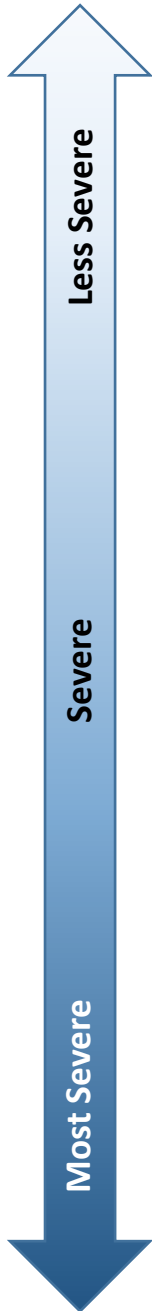
Know the Symptoms and Treatment of Cold Stress.

Contact Quest for Winter Weather Solutions!

Signs and Symptoms

Symptoms can occur in any order

What to Do



Chilblains

- Redness
- Itching
- Possible Blistering
- Inflammation
- Possible Ulceration in Severe Cases

- Avoid Scratching
- Slowly Warm the Skin
- Use Corticosteroid Creams to Relieve Itching
- Keep Blisters and Ulcers Clean And Covered

Frostbite

- Reduced Blood Flow to Hands and Feet
- Numbness
- Aching
- Tingling
- Bluish or Pale, Waxy Skin

- Get into a Warm Room ASAP
- Do not Walk on Frostbitten Feet or Toes
- Immerse the Affected Area in Warm Water.
- Do Not Use a Heating Pad, Fireplace or Radiator for warming
- Do Not Massage Affected Area

Trench Foot

- Reddening of the Skin
- Numbness
- Swelling
- Leg Cramps
- Blisters or Ulcers
- Gangrene

- Remove Shoes/Boots and Wet Socks
- Dry Feet
- Avoid Walking On Feet, As This May Cause Tissue Damage

Hypothermia

- Shivering
- Fatigue
- Loss of Coordination and Confusion
- Blue Skin
- Slowed Pulse and Breathing
- Loss of Consciousness

- Request Immediate Assistance
- Move Victim into a Warm Room
- Remove Wet Clothing
- Warm the Center of Their body First
- Use Electric Blankets or Skin-to-Skin contact
- If No Pulse, begin CPR

<https://www.cdc.gov/niosh/docs/2010-115/default.html>



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