

❄️ FROSTBITE ❄️

Frostbite is a thermal injury like a burn. Check for frostbite in any exposed part or any part that feels cold or painful.

FIRST DEGREE (Frostnip)

❄️ Redness, pain, burning, stinging, prickly-feeling. These may be followed by a **disappearance** of pain and a waxy or mottled appearance of the skin.

Check under gloves or boots.

❄️ Skin is *firm to the touch but soft underneath*.

❄️ After thawing the skin may become brown and peel. There will probably be aching and pain and the part may feel cold for a long time.

❄️ It will likely be more susceptible to cold injury, perhaps for years.

Treatment

On trail: Protect from further exposure to cold. Place HAND in armpit or crotch under clothing, flex to improve circulation. Walk briskly on FOOT. Blow warm air on a frostnipped NOSE or EARS. Go to First Aid Station.

At First Aid Station: Thaw briefly in warm, not hot, water (100-105° F). Dry gently, wrap in warm dry clothing. Protect from any further cold. Assess for hypothermia and treat if necessary.

SECOND DEGREE (Frostbite)

❄️ Signs of first-degree PLUS: No pain. Numbness. Part may feel dead or wooden.

❄️ Part may be difficult or impossible to move.

❄️ Skin and underneath tissues are *hard to the touch*.

❄️ Over 3-20 days there will be pain, large blisters, and sweating.

The skin will turn black or discolored and will all slough off.

❄️ It may be more susceptible to cold injury for years.

Treatment

On trail: Place HAND in armpit or crotch under clothing, flex to improve circulation. Blow warm air on a frostbitten NOSE or EARS. Prevent further cold exposure and get to help immediately.

NEVER thaw a frostbitten FOOT in the field. It is safer to walk on a frostbitten foot than to thaw it, and a thawed foot will be far too painful to walk on. Get to help *immediately*.

At First Aid Station: Call for transport to hospital. Thaw part in warm, not hot, water (100-105° F) *only until part is flushed*. Pat skin dry gently, wrap in clean dry dressings, separating digits. Assess for hypothermia and treat if necessary. Transport.