

A HARSH WINTER TESTS YOUR METTLE



SO, YOU THINK YOU KNOW ALL ABOUT COLD-WEATHER SURVIVAL.



YOU CONSIDER YOURSELF A VETERAN OF WINTER CAMPAIGNS.



YOU SAY YOU'VE BRAVED BITTER COLD, HOWLING WINDS AND DRIVEN SNOW.



YOU'RE DEAD SURE YOU CAN WITHSTAND THE BIG FREEZE.

HECK, YEAH!

DARN TOOTIN'!

OF COURSE!



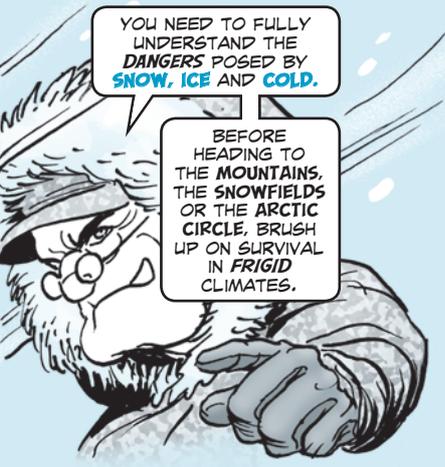
DON'T BET YOUR LIFE ON IT!



WHA-?

REALLY?

NAW!



YOU NEED TO FULLY UNDERSTAND THE DANGERS POSED BY SNOW, ICE AND COLD.

BEFORE HEADING TO THE MOUNTAINS, THE SNOWFIELDS OR THE ARCTIC CIRCLE, BRUSH UP ON SURVIVAL IN FRIGID CLIMATES.

START BY TAKING THE PS COLD-WEATHER QUIZ!



THE ANSWERS ARE AT THE BOTTOM OF PAGE 54.

1. What is wind chill?



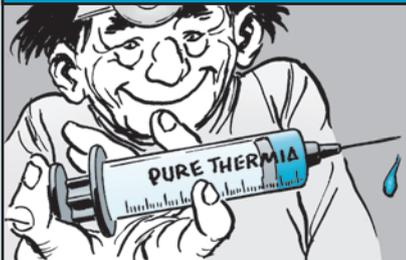
- a. a new tangy-goat-cheese-flavored milkshake at your local ice cream shop
- b. what you get when you eat five bean burritos in sub-zero temperatures
- c. the cooling power of wind speed combined with air temperature on exposed flesh

2. What does the acronym COLD stand for?



- a. Clearly, Orville loves Daphne
- b. Cohesive Outcome-Leveraged Dynamics
- c. C—Keep clothing CLEAN
L—Avoid OVERHEATING
L—Wear clothing LOOSE and in LAYERS
D—Keep clothing DRY

3. What is hypothermia?



- a. a small syringe and needle containing a dose of pure thermia
- b. a hypochondriac who fears he suffers from acute thermia
- c. the lowering of core body temperature to below 95°F; hypothermia occurs when the body gets cold and loses heat faster than the body can make it

4. What is frostbite?



- a. a new moose-tracks-and-droppings-flavored milkshake at your local carhop drive-in
- b. a savage bite from a vicious Rottweiler named Frost (usually inflicted when you mention neutering)
- c. the freezing of body tissues caused by exposure to freezing temperatures

5. What are the two levels of frostbite?



- a. bad and worse
- b. plumb awful and I'll never play the violin again
- c. superficial frostbite, the surface freezing of skin; and deep frostbite, the freezing of skin, underlying muscle and possibly bone

6. How deep should the snow be for the site of a snow cave?



- a. deep enough so a pack of hungry timber wolves can't get to you.
- b. deep enough so a pack of merciless bill collectors can't get to you.
- c. about 3 meters

7. What are the four requirements for cold-weather survival?

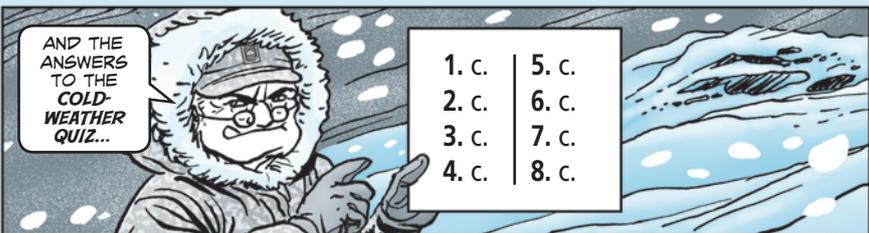


- a. pizza, beer, nachos and gummi bears
- b. 58-in plasma HDTV, the NBA channel, karaoke machine and a 3-month subscription to *Caribbean Travel & Life* magazine
- c. food, water, shelter and heat

8. Name at least three common health hazards in the arctic.



- a. amebic dysentery, dengue fever and malaria
- b. halitosis, hemorrhoids and hiccups
- c. trench and immersion foot, constipation, dehydration, snow blindness, sunburn and cold diuresis (an increased flow of urine)



AND THE ANSWERS TO THE COLD-WEATHER QUIZ...

- 1. c. | 5. c.
- 2. c. | 6. c.
- 3. c. | 7. c.
- 4. c. | 8. c.

Well-read and Warmed-up

Now that you've passed the quiz with flying colors, continue your winter education. Read the following pubs found on the Army Publishing Directorate (APD) website: <http://www.apd.army.mil/>

FM 3-05.70, <i>Survival</i>	TB MED 508, <i>Prevention and Management of Cold-Weather Injuries</i>
FM 3-97.61, <i>Military Mountaineering</i>	TC 21-3, <i>Soldier's Handbook for Individual Operations and Survival in Cold-Weather Areas</i>
ATTP 3-97.11, <i>Cold Region Operations</i>	

They're essential reading for those deployed in the mountains or in frigid climates. You may also want to visit the U.S. Army Public Health Command website: <http://phc.amedd.army.mil/Pages/default.aspx>

From the home page, click on A-Z Index in the top banner. On the next page, click on Cold Weather Casualties and Injuries. It will take you to a variety of documents and training aids about the causes, symptoms, treatment and prevention of injuries. Among the documents you'll want to read is the OTSG Cold Weather Injury Prevention Program, 2010-2011. It briefly outlines leaders' responsibilities in setting up a program to prevent cold-weather injuries.

While you're at it, read the winter stories in back issues of PS, the Preventive Maintenance Monthly. The following stories are loaded with information about cold-weather clothing, survival and personal protection:

Subject	PS Issue Number	Page (s)
Boots, socks, frostbite	672	50-55
Drying the extended cold-weather clothing system (ECWCS) parka	669	55
Anti-contact gloves	660	52
Meals	660	50-51
ECWCS mittens, POL gloves, frostbite	649	48-51
Socks	647	50-51
Desert camo parka	647	49
Anti-contact gloves	638	51
Cleaning clothes	638	46-47
CVC underwear	636	54-56
Special OPS clothing	636	52-53
Patching ECWCS	636	50-51
Washing underwear	624	55
Trigger finger mittens	623	54-56
Hood	623	52-53
Clothing facts	623	49-51
ECWCS water repellency	622	51-53
ECWCS underwear	613	48-49

OR READ THE STORIES ONLINE AT THE PS WEBSITE: <https://www.logsa.army.mil/psmag/psonline.cfm>



PS END