

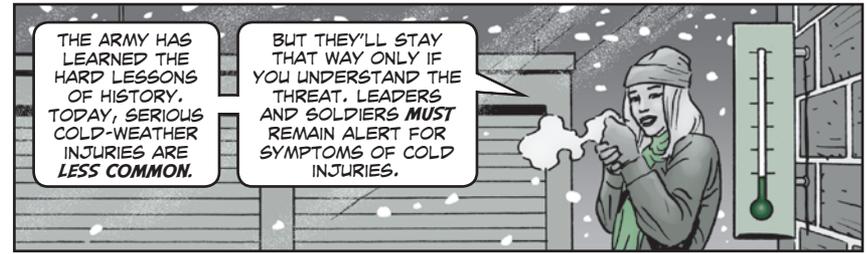
ARMIES HAVE LOST BATTLES AND CAMPAIGNS BECAUSE OF BRUTALLY COLD WINTER WEATHER.

DON'T BE A CASUALTY OF THE COLD

IN THE WINTER OF 1812, NAPOLEON LOST 250,000 SOLDIERS DURING THE LONG, FREEZING RETREAT FROM MOSCOW.

ON THE EASTERN FRONT IN WORLD WAR II, 100,000 GERMAN SOLDIERS SUFFERED FROSTBITE DURING DECEMBER 1941 AND JANUARY 1942. FIFTEEN THOUSAND OF THEM NEEDED AMPUTATIONS.

DURING THE KOREAN WAR, COLD INJURIES ACCOUNTED FOR NEARLY 10 PERCENT OF ALL U.S. ARMY CASUALTIES.



THE ARMY HAS LEARNED THE HARD LESSONS OF HISTORY. TODAY, SERIOUS COLD-WEATHER INJURIES ARE LESS COMMON.

BUT THEY'LL STAY THAT WAY ONLY IF YOU UNDERSTAND THE THREAT. LEADERS AND SOLDIERS **MUST** REMAIN ALERT FOR SYMPTOMS OF COLD INJURIES.

The Cold Facts

Cold weather exposure can lead to **frostbite** and **hypothermia**. Both are dangerous conditions.

Frostbite is the freezing of body tissue caused by exposure to freezing temperatures. Frostbite usually occurs on the face, ears, fingers and toes.

Hypothermia is the lowering of core body temperature. Hypothermia occurs when the body gets cold and loses heat faster than the body can make it.

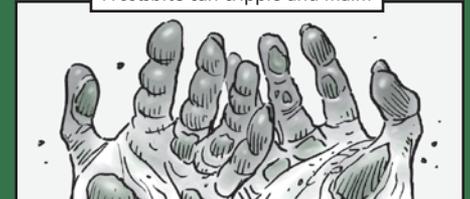
Frostbite

HERE ARE THE SYMPTOMS OF FROSTBITE...

- Numbness
- A tingling or burning sensation
- Red skin, later turning to a waxy yellow (grayish in dark-skinned Soldiers)
- Tissue that feels wooden to the touch



Frostbite can cripple and maim



AND HERE'S THE **FIRST AID** FOR TISSUE SUFFERING FROM FROSTBITE...

- Warm the affected area at room temperature, with direct body heat from another Soldier, or with warm water (98-104°F).
- Do not thaw frozen tissue if there's a chance it might freeze again. Refreezing can further damage tissue.
- Do not expose frozen tissue to intense heat (open flames, stove tops, steam, heat packs).
- Do not rub or massage. You might damage the skin.
- Do not wet the tissue or rub it with snow or ice.
- Seek medical treatment as soon as possible.

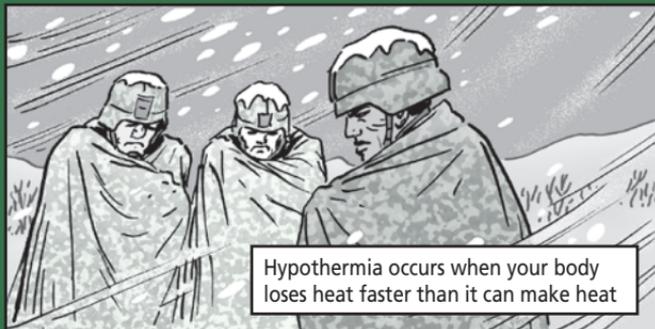
Hypothermia

HERE ARE THE
**SYMPTOMS OF
HYPOTHERMIA...**



AND HERE'S
THE **FIRST AID**
FOR VICTIMS OF
HYPOTHERMIA...

- Cold sensation, goose bumps, numbness
- Shivering, lack of coordination, sluggishness



Hypothermia occurs when your body loses heat faster than it can make heat

- Violent shivering, difficulty speaking, mental confusion, stumbling
 - Muscle stiffness, slurred speech, blurred vision
 - Unconsciousness, irregular heartbeat
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- Move the victim to a dry, warm place.
 - Strip off wet or frozen clothing.
 - Warm with blankets, dry clothing or your own body heat.
 - Apply heat to the skin (radiant heat, hot water bottles, electric blankets) **ONLY** if the victim has stopped shivering. Check the skin often to prevent burns.
 - Seek medical treatment as soon as possible.



TO LEARN **MORE**
ABOUT COLD-WEATHER
INJURIES, READ TB MED
508, **PREVENTION AND
MANAGEMENT OF COLD-
WEATHER INJURIES.**

YOU'LL FIND IT ON THE U.S. ARMY
PUBLISHING DIRECTORATE WEBSITE:
<http://www.apd.army.mil>

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THE **PUBLICATIONS** TAB AND CLICK
ON **ADMINISTRATIVE PUBLICATIONS**.
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MEDICAL ADMIN PUBLICATIONS. ON
THE NEXT SCREEN, SCROLL DOWN
TO TB MED 508.