

SAFETY

TIP OF THE MONTH

Dealing with the Extreme Cold

- ⇒ Stay indoors as much as possible.
- ⇒ If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- ⇒ Wear mittens, which are warmer than gloves.
- ⇒ Wear a hat as you can lose as much as 50 percent of your body's heat through the head.
- ⇒ Cover your mouth with a scarf to protect your lungs.

If you are outdoors, watch for signs of frostbite and hypothermia, the dangerous and sometimes fatal lowering of body temperatures.

- * Frostbite includes loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose.
- * Symptoms of hypothermia include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.

Frostbite can occur within 30 minutes at a wind chill temperature of -19 degrees Fahrenheit, within ten minutes at -33 and within five minutes at -48. Here are some tips to avoid frostbite.

- * Cover as much skin as possible to guard against frostbite. The nose, cheeks, ears, fingers and toes are most vulnerable. Wind and precipitation raise the risk of frostbite.
- * Avoid alcohol and caffeinated beverages because they cause the body to lose heat more rapidly. Instead, drink warm, sweet beverages, broth or soup to maintain body temperature.
- * To treat frostbite, cover the frozen area to protect it from further injury and provide extra clothing or blankets. Bring the victim indoors, if possible, and provide something warm and non-alcoholic to drink. Re-warm the frozen area by immersing it in warm, *not hot*, water. Call for emergency medical assistance.

Hypothermia, occurs when someone's body temperature drops below 95 degrees, It can occur indoors. If you can't maintain a house temperature of 70 degrees, dress warmly and use blankets and hats to keep warm, especially for infants, the elderly and the chronically ill.

- * If someone is suffering from hypothermia bring the victim into a warm room. Remove wet or frozen clothing. Place the victim in warm blankets or a tub of warm, *not hot*, water. If the victim is conscious, give him non-alcoholic hot liquids. Call for emergency medical assistance.



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