



ACC Winter Safety Tips

Frostbite

What is it?

Frostbite is a cold injury that occurs when skin is exposed to freezing temperatures below the freezing point of skin.

Signs and Symptoms –

There are different levels of frost bite similar to degrees of burns

Frostnip or 1st Degree – White patches of skin that are numb. Superficial and reversible but may be painful when the extremity warms.

2nd Degree – Skin that is white or grayish-yellow and feels hard, waxy, or numb. Blisters may form a few hours to a day after injury and have significantly deeper tissue damage.

Deep Frostbite or 3rd Degree – Describes skin that has been damage through all its layers. Once warmed the tissue turns black and hard as it dies.

Treatment

1. Seek medical attention.
2. Get to a warm place.
3. Gently re-warm the area in warm water until skin appears red and warm.
4. Do not rub affected area or allow to refreeze once area has been thawed.
5. Loosely bandage area in dry sterile dressings.

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