Avoid Cold Casualties!

When using Cold-Weather Clothing, Remember C-O-L-D

C ~ Keep it...Clean

O ~ Avoid...Overheating

L ~ Wear it...Loose and in Layers

D ~ Keep it...Dry

Notify an instructor / leader, if you or your buddy experience - -

In cold environments ...	
Effects to the skin, such as:	**Effects, such as:**
• Swollen red or darkened • Pain, tenderness, hot or itchy • Numbness or tingling • Bleeding or blistered • Gray, waxy feeling or "wooden" to the touch	• Dizziness, weakness or blurred vision • Vigorous shivering • Lack of coordination and impaired judgment • Painful, red, watery or gritty feeling in the eyes (snow blindness)

In enclosed areas where heaters are used ...
• Excessive yawning, cherry red lips or grayish tint to lips and mouth • Confusion, disorientation or mental slowness • Drowsiness, lack of coordination or unconsciousness

For additional copies contact: United States Army Center for Health Promotion and Preventive Medicine
Health Information Operations Division at (800) 222-9698 or CHPPM-HealthInformationOperations@apg.amedd.army.mil.
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