



SAFETY TALK

Frostbite

Frostbite most typically affects the ears, cheeks, nose, fingers and toes. By using a “buddy system” it is possible to prevent frostbite injuries from occurring if co-workers are educated in the signs and symptoms of the disorder

Explain hazards

Frostnip

- Freezing of the top layers of the skin tissue
- Skin appearance is white and waxy
- Top layer of skin feels hard and rubbery
- Deep tissue is still soft
- Numbness

Superficial Frostbite

- Skin is white
- Skin feels wooden throughout affected area
- Numbness

Deep Frostbite

- Skin is white
- Skin feel wooden throughout affected area
- Includes all layers of the skin
- May include freezing of muscle and/or bone

Identify controls

First-Aid Treatment

Frostnip

- Rewarm the area gently, generally by blowing warm air on it or placing the area against a warm body part
- Do not rub the area - this causes damage to skin and tissue

Superficial Frostbite

- Rewarm as for frostnip if affected area is only small
- If area is large, use immersion method
- Transport to hospital if necessary

Deep Frostbite

- Begin rewarming techniques using immersion method
- Transport to hospital as soon as possible

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Performed by: _____

Concerns:

Employee Name:

Supervisor: _____

Location: _____

Corrective Actions:

Employee Signature:

