



FROSTBITE

Frostbite occurs when cold weather drives the cold onto the skin and it starts to freeze. Frostbite is very dangerous because tissue will begin to die when it has no blood supply.

Frostbite first happens to exposed areas like cheeks, nose, and ear lobes. If exposure continues, it will start to affect toes and fingers. Frostbite is often painful when it thaws.

Signs of frost bite: white tip on the nose, white spots on cheek, etc. If you see someone with these symptoms, warm them immediately. Cover the exposed areas immediately.

Do not rub the frostbite or cover it with snow.

If frostbite occurs, it is recommended that you go indoors immediately and re-warm completely.

To re-warm a person, it is recommended that you use body heat. An example of this would be to place hands under armpits, between legs or on stomach. Discourage use of warming devices such as putting hands under hot water or on a hot register.

For information or membership inquiries, please contact the Canadian Ski Patrol System.

www.skipatrol.ca

BE AWARE. RIDE WITH CARE.