NSC Preventing Frostbite and Hypothermia



Information on how to detect and treat cold related illnesses including frostbite and hypothermia.

Prolonged exposure to low temperatures, wind or moisture—whether it be on a ski slope or in a stranded car—can result in cold-related illnesses such as frostbite and hypothermia. The National Safety Council offers these tips to help you spot and put a halt to these winter hazards.

How to detect and treat cold-related illnesses

Frostbite is the most common injury resulting from exposure to severe cold. Superficial frostbite is characterized by white, waxy, or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin surface feels stiff but underlying tissue feels soft
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