

# PUT the FREEZE on FROSTBITE

See the **signs** to **avoid** cold weather **injuries**

## Signs of **frostbite**

- Stiffness of affected area
- Pallor skin color
- Pain when the area is rewarmed
- Blisters and swelling in severe cases

## Signs of **hypothermia**

- Persistent shivering
- Difficulty walking
- Mild confusion

**HYPOTHERMIA**  
occurs when the **core**  
body **temperature** is  
**below 95°F (35°C)**

