

# 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:

- Swollen red or darkened
- Pain, tenderness, hot or itchy
- Numbness or tingling
- Bleeding or blistered
- Gray, waxy feeling or "wooden" to the touch

### Effects, such as:

- 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

