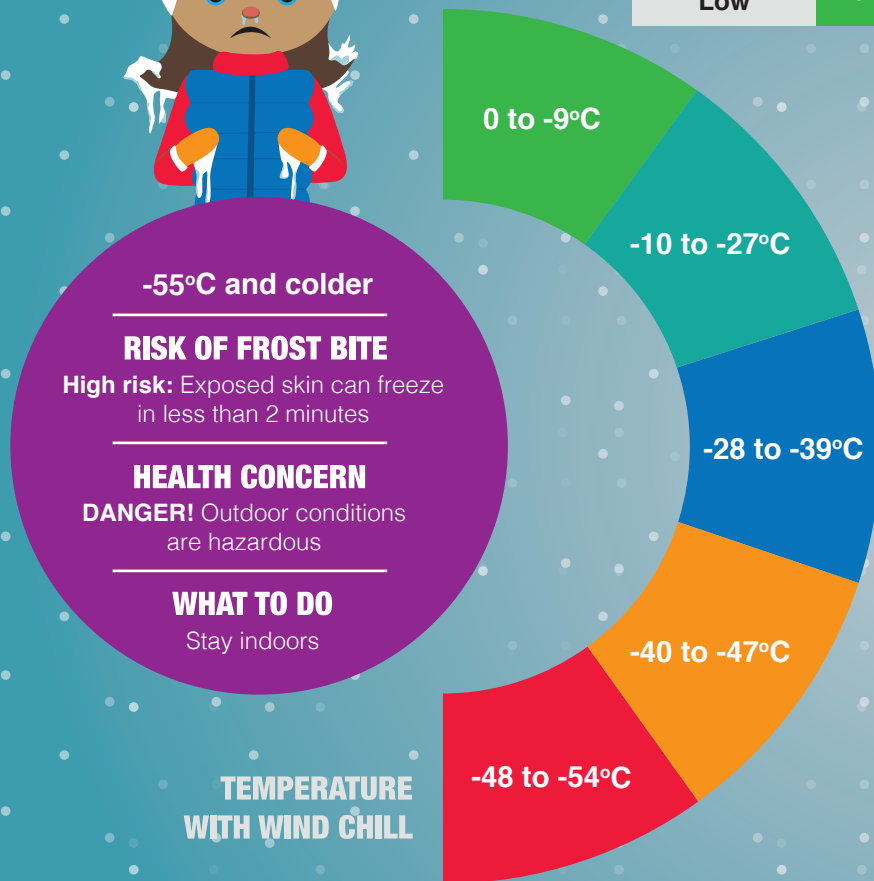


# FROST BITE RISK AND CONTROL CHART

PRESENTED BY SYSTEMS 24-7



**RISK OF FROST BITE**  
**Low**

**HEALTH CONCERN**

- Slight increase in discomfort

**WHAT TO DO**

- Dress warmly with the outside temperature in mind

**RISK OF FROST BITE**  
**Low**

**HEALTH CONCERN**

- Uncomfortable
- Risk of hypothermia if outside for longer periods without adequate protection

**WHAT TO DO**

- Dress in layers of warm clothing, with an outer layer that's wind-resistant
- Wear a hat, mittens and scarf
- Keep active

**RISK OF FROST BITE**  
**Increasing risk:** Exposed skin can freeze in 10 to 30 minutes

**HEALTH CONCERN**

- Check face and extremities (fingers, toes, ears and nose) for numbness or whiteness (frostbite)
- Risk of hypothermia if outside for long periods without adequate protection

**WHAT TO DO**

- Dress in layers of warm clothing, with an outer layer that's wind-resistant
- **Cover exposed skin:** wear a hat, mittens and a scarf, neck or tube or facemask
- Keep active

**RISK OF FROST BITE**  
**High risk:** Exposed skin can freeze in 5 to 10 minutes

**HEALTH CONCERN**

- Check face and extremities frequently for numbness or whiteness (frostbite)
- Risk of hypothermia if outside for long periods without adequate protection

**WHAT TO DO**

- Dress in layers of clothing, with an outer-layer that's wind-resistant
- **Cover all exposed skin:** wear a hat, mittens and a scarf, neck tube or facemask
- Keep active

**RISK OF FROST BITE**  
**High risk:** Exposed skin can freeze in 2 to 5 minutes

**HEALTH CONCERN**

- Check face and extremities frequently for numbness or whiteness (frostbite)
- Serious risk of hypothermia if outside for long periods

**WHAT TO DO**

- Be careful—dress very warmly in layers of clothing, with an outer layer that's wind-resistant
- **Cover all exposed skin:** wear a hat, mittens and a scarf, neck tube or facemask
- Be ready to cut short or cancel outdoor activities
- Keep active