

D'Iberville Fire Department Safety Tips

Subject: Cold Weather Safety

- Always dress appropriately before going outdoors. Cold emergencies can occur even if the temperature is not below freezing, especially with children and the elderly.
- Dress in layers so you can adjust to changing conditions.
- Wear a hat, preferably one that covers your ears. A very large percentage of your body heat is lost through your head.
- Wear gloves or mittens to help protect your hands.
- Keep your feet warm and dry. If your daily activities include working around water or ice, wear waterproof boots.
- Get out of wet clothes as soon as possible. Use blankets and warm liquids to help warm your body.
- Recognize the symptoms of hypothermia- confusion, dizziness, exhaustion and severe shivering. If you experience these symptoms seek medical assistance immediately.
- Recognize the signs of frostbite- gray, white or yellow skin discoloration, numbness, waxy feeling skin. If you show signs of frostbite seek medical assistance immediately.

