

FROSTBITE



AUSTRALIAWIDE
FIRST AID

What is Frostbite?

Frostbite describes the condition where the skin, and tissues underneath the skin, freeze. It can occur during prolonged exposure to temperatures at or below 0 degrees Celsius.

Risk factors can include:

- Extreme cold weather
- Some medical conditions
- Extremes of age
- Altered mental state
- Homelessness



Commonly affected areas:

- Fingers
- Toes
- Ears
- Nose
- Chin

Frostbite Symptoms



Stage 1 - Frostnip

- Change in skin colour
- Coldness followed by numbness
- Skin may feel irritated



Stage 2 - Superficial Frostbite

- Skin may be white
- Pins and needles
- Blisters or peeling skin



Stage 3 - Deep Frostbite

- Hard, black skin
- Muscles and joints stop working

First Aid for Mild Frostbite

- Move the person to a warm area
- Remove any wet clothing
- Gently warm affected areas in warm water (no more than 42 degrees Celsius)
- DO NOT rub the area - this can cause further damage



Severe Frostbite

- Move the person to a warm area
- Remove any wet clothing
- Seek professional medical assistance immediately

