IMPORTANT EMERGENCY PHONE NUMBERS

ND HIGHWAY PATROL	(North East Region)	(701) 795-3832
ND DOT (ROAD CONDITIONS)	(STATEWIDE)	1-866-696-3511
MN ROAD CONDITIONS		1-800-542-0220
GRAND FORKS COUNTY SHERIFF		(701) 780-8280
EMERGENCY POLICE & FIRE (ON & OFF-BASE)		*911*
GFAFB COMMAND POST		(701) 747-6711
GFAFB SECURITY FORCES		(701) 747-LELE (5353)
GFAFB SAFETY OFFICE		(701) 747-SAFE (7233)
BALFOUR BEATTY HOUSING MAINTENANCE		(701) 594-8003
GFAFB SNOW LINE		747-SNOW (7669)

SQUADRON COMMANDER _____

FIRST SERGEANT _____

FRIEND _____

HELPFUL SAFETY WEBSITES

The National Highway Traffic Safety Administration
http:/www.nhtsa.dot.gov

National Safety Council
http://www.nsc.org

North Dakota Safety Council
http://www.ndsc.org

Consumer Product Safety Commission
http://www.cpsc.gov

The Weather Channel
http://www.weather.com

Grand Forks Air Force Base

Cold Hard Facts

A *Winter Safety* Guide prepared by the
319th Reconnaissance Wing Occupational Safety Office
Grand Forks AFB, North Dakota

Grand Forks AFB
WARRIORS OF THE NORTH
WING SAFETY

Welcome to Grand Forks AFB! Whether this is your first "northern tier" winter or you're an old hand, some COLD WEATHER preparations will save you from aggravating situations, mishaps, and quite possibly the loss of your life or that of a loved one. At Grand Forks Air Force Base, we take the North Dakota winters seriously and hope that you, as a new member of the "Warriors of the North," are prepared with the ***COLD HARD FACTS!***

This pamphlet has been prepared by the 319th Reconnaissance Wing Safety Office to provide information necessary to prepare you for a safe and sound winter experience. If your arrival is during the spring or summer, you have plenty of time to get ready for the coming winter. If you arrive between October and March, immediate actions need to be taken.

The winters in North Dakota can be long, cold, and hard, but they can also be fun. There are a lot of entertaining things to do indoors and out. For individuals who enjoy outdoor activity there is skiing, ice fishing, ice skating, hockey, and snowmobiling. The University of North Dakota offers collegiate hockey, basketball, and football games. The area also offers many cultural events and various activities throughout the year.

If you have any questions, comments, or suggestions concerning the information in this guide, please give us a call at :

(DSN 362) (701) 747-SAFE (7233)

Make your tour enjoyable – **BE PREPARED**!

VR

Grand Forks Air Force Base Safety Office

September 2020

THE "WHEN YOU ARE STALLED" CHECKLIST*

STAY WITH YOUR CAR. It will protect you from the wind, drastically reducing your heating requirements. Sleep with caution. Some sleep is necessary but do not remain idle and sleeping for long periods of time. Tie a nylon cord to the car steering wheel and yourself if you must leave the car for any distance during the storm. **STAY WITH YOUR CAR.** The second coffee can in your survival kit can be used as a waste receptacle.

911 CALLS CAN EVEN BE PLACED USING INACTIVE CELL PHONES

____ **CALL 911 ON YOUR CELL PHONE.**
____ Loosen tight clothing for comfort
____ Avoid smoking and alcohol
____ Open the downwind window slightly for ventilation
____ Run the engine sparingly for heat
____ Burn a candle in a coffee can for heat
____ Check your supplies against the list to see what may be missing
____ Prepare to flash car lights or send up flares when planes or road crews are reported in the area
____ Position the car into the wind (the car is designed to be warmest when headed in this direction)
____ Exercise periodically to heat up you body and the area around you
____ Be sure the exhaust pipe is free of snow and check it periodically
____ ***STAY WITH YOUR CAR***
____ Transfer supplies from trunk to car
____ Remove metal jewelry
____ Tie a red/orange banner on the car antenna
____ Put on warm clothing if needed
____ Eat a snack before sleeping

A vehicle is easy to heat to the survival point. Along with keeping warm, a reasonable supply of food and melted snow for water will sustain you for quite some time. Road crews and police vehicles begin to patrol all roadways as soon as possible and will find you if you **STAY WITH YOUR CAR**. If you panic or get bored, hungry, irritated, or desperate enough to leave your car in search of help you will quite likely eliminate any chance of rescue. **STAY WITH YOUR CAR**! People have been found as little as 100 yards from their car, victims of the elements because they tried to go for help rather than wait out the storm for rescue. If you use your car heater sparingly and make the best of your emergency rations, CB radio, and emergency kit equipment, your chance of surviving is good. **STAY WITH YOUR CAR!**

One more time just in case you didn't catch the hint…..

STAY WITH YOUR CAR!!

WINTER SURVIVAL KIT FOR VEHICLES

A CELL PHONE MAY BE THE SINGLE MOST IMPORTANT ITEM IN YOUR KIT!

_____ Tire wrench and jack
_____ Tire chains
_____ Shovel
_____ Booster (jumper cables)
_____ Tow rope
_____ Sunglasses
_____ Flashlight and batteries
_____ Candles
_____ Antifreeze for gasoline
_____ 50 feet of nylon cord
_____ 2 coffee cans
_____ Compass
_____ Bright red or orange cloth
_____ Small ax
_____ Can Opener
_____ Sleeping bag or blankets
_____ First aid kit
_____ Good spare tire kit
_____ Flares and reflectors
_____ Pencil and paper
_____ Sanitary supplies (tissues, medications)
_____ Fire extinguisher (dry chemical type)
_____ Windshield scraper with brush
_____ Matches (in a waterproof container)
_____ Extra coat, socks, and boots
_____ Mittens are preferred over gloves
_____ Garbage bags to keep dry
_____ Water and high energy food for each person
_____ "Trail Mix" (a mixture of raisins, peanuts and M&M's)
_____ Sand (kitty litter or carpet scraps can make a good substitute)
_____ Extra weight in trunk
_____ Basic tools (pliers, screwdriver, adjustable wrench, pocket knife)

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GETTING READY TO GO!

Wintertime DEMANDS extra caution. Unfortunately, news reports of tragedy and near-tragedies from across the region underscore the point all too well!

PLAN YOUR TRIP

Avoid traveling in severe weather, but if you must, make sure the vehicle is winterized (See our "Winterizing Your Vehicle Checklist" in the back of this guide).

Obtain weather and road reports from local law enforcement, radio or TV, or call:

- 1-866-696-3511 for North Dakota road conditions
- 1-800-542-0220 for Minnesota road conditions

Download the ND ROADS and/or the Minnesota 511 App's for your smartphone.

Tell someone your plans, route, destination, and time of arrival.

Clear ice and snow off all windows, outside mirrors, and lights. Don't be a "peep-hole" driver!

Allow extra time and drive smoothly and gently.

For the most recent road condition status for GFAFB, check the Facebook page (https://www.facebook.com/grandforksairforcebase) or dial 747-SNOW (7669) for more information.

GAS LINE ANTI-FREEZE AND ENGINE STARTER SPRAYS

You can prevent unwanted moisture buildup in your tank by keeping it as full as possible during the winter. The gas line anti-freeze sold at most service stations in this area is a good trouble saver. It absorbs any moisture that may build up in your gas tank or gas lines and prevents ice blocks from restricting gas flow. About one bottle per tankful is recommended.

The chemical ether-based spray starting fluids can be useful to get a diesel engine turning over on a cold morning, but their use requires extreme caution. The fluid is one of the most flammable known and it burns with almost explosive force. If used, spray only a small amount then step back away from the vehicle while the engine is being cranked. It can (and usually does) cause extreme backfire through the intake and serious burns can occur in a split second.

WINTER PREPARATION CHECKLISTS

WINTERIZING YOUR VEHICLE

____ Battery (Good condition and terminals are clean)

____ Tune up

____ Engine Oil (correct for winter conditions) (See Below)

____ Condition/Wear of tires

____ Snow tires installed (See Below)

____ Heater works properly

____ Radio works properly

____ Fan/Alternator belts (Adjusted and not fraying)

____ Windshield wipers work properly

____ Engine Heater (UL listed)

____ Keep the fuel tank as full as possible (prevents condensation in the tank)

____ Good exhaust system (leaky exhausts are an invitation to carbon monoxide poisoning)

____ Anti-freeze (Check to minus 45 degrees. Drain and flush every two years)

NOTE ON OIL: The heavier oils like 30 or 40 weight can become very thick in sub zero temperatures. Early in the season you should change to a good brand of lightweight oil (around 5W30 or 10W30).

NOTE ON TIRES: Studded or wire-embedded tires are legal in North Dakota between 15 Oct & 15 Apr. Minnesota does not allow these tires for residents or people employed in their state.

BABY IT'S COLD OUTSIDE...HERE'S HOW COLD!

TEMPERATURE AND WIND EXTREMES

The harsh realities of a northern winter can come as a shock to someone who has never experienced one…The following charts will give you an idea of the conditions you may experience in North Dakota:

	NOV	DEC	JAN	FEB	MAR	APR
Extreme Maximum Temperature	71	58	51	59	83	105
Extreme Minimum Temperature	-35	-37	-43	-44	-33	-9
Average Maximum Temperature	36	18	9	18	29	50
Average Minimum Temperature	27	1	-10	-2	11	29
Maximum Wind Speed	46	51	47	50	46	47
Average Number of Days/Month With:						
Temperature below 32 degrees	16	27	24	19	14	2
Temperature below 0 degrees	2	12	19	12	6	0

WIND CHILL CHART

The figures in the chart above are accurate, but they don't give you a "complete" picture. For example, four inches of snow really doesn't seem like much, but try to imagine that amount of snow being blown around by winds up to 70 mph. You could find you pathway blocked by three-foot drifts across the highway or you could find a gigantic mound of white angling upward from your driveway to the top of your garage. Even more disturbing will be the day you drive your car onto a nice flat shoulder of the road only to find the snow has drifted perfectly level over a six foot ditch. Figures do not tell all. You can expect a lot more snow in certain places and lower temperatures than shown above when figuring in the wind chill factor (see below).

Wind Speed (mph/kph)	Air Temperature (°F/°C)											
	10/-12	5/-15	0/-21	-5/-21	-10/-23	-15/-26	-20/-29	-25/-32	-30/-34	-35/-37	-40/-40	-45/-43
5/8	>120	>120	>120	>120	31	22	17	14	12	11	9	8
10/16	>120	>120	>120	28	19	15	12	10	9	7	7	6
15/24	>120	>120	33	20	15	12	9	8	7	6	5	4
20/32	>120	>120	23	16	12	9	8	8	6	5	4	4
25/40	>120	42	19	13	10	8	7	6	5	4	4	3
30/48	>120	28	16	12	9	7	6	5	4	4	3	3
35/56	>120	23	14	10	8	6	5	4	4	3	3	2
40/64	>120	20	13	9	7	6	5	4	3	3	2	2
45/72	>120	18	12	8	7	5	4	4	3	3	2	2
50/81	>120	16	11	8	6	5	4	3	3	2	2	2

Note: Time in minutes until the occurrence of cheek frostbite in the most susceptible 5 percent of personnel; wet skin could significantly decrease the time for frostbite to occur

Severity	Color	Description
Low	Green	Freezing possible but unlikely
Moderate	Yellow	Freezing could occur in 10-30 minutes
Severe	Red	Freezing could occur in 5-10 minutes
Extreme	Black	Freezing could occur in <5 minutes

FOG

There are two types of fog you will experience in this area, regular and ice. Ice fog is characterized by ice crystals suspended in the air. If you encounter heavy fog, do not try to drive through it. Heavy fog will reduce your view of the road and cause severe distortion. Your best bet is to avoid traveling in fog, but if you get caught in it you can:

1. Slow down and turn on your hazard lights. Get as far off the road as safely possible. If you remain on the road after you slow down, you may become a victim of someone driving through the fog at the posted speed.

2. If you can not find some place to turn off the road and you have to stop on the shoulder of the road, turn on your emergency flashers and interior lights. This will make it clear to approaching traffic that you are stopped.

JUMP STARTING YOUR VEHICLE

1. Check your battery to be sure no ice is forming inside. NEVER try to jump start a vehicle with a battery that shows any sign of freezing as the battery could explode. If ice is present remove the battery to a warm area and allow it to thaw. If the battery shows no sign of ice or you have let it thaw for a sufficient amount of time, continue with the next step for a safe jump start.

2. Connect the cables to the live battery first then connect only positive (+) lead to the dead battery.

3. Connect the negative (-) ground cable to the chassis or the engine block away from the battery. Remove it as soon as the engine starts.

PARKING BRAKE Don't set your parking brake in extremely cold temperatures, as it could freeze. If you feel your vehicle may move while it is in park, use a set of chocks placed about an inch away from the front and back of one of the tires.

DOOR LOCKS If your vehicle lock is frozen, simply heat the key with a cigarette lighter and insert it into the lock. Once or twice should be enough to melt the ice inside and allow the lock to be turned. Another alternative is to apply a thin coating of hand sanitizer to the key before inserting it into the lock. This can sometimes melt the ice inside the lock.

DRIVING IN NORTH DAKOTA

ON THE ROAD

- **Roads in North Dakota are for the most part flat and can lead to boredom.**
  Having a companion will help prevent you falling asleep at the wheel.

- **Heat distortion in your distant vision along with glare off other vehicles and snow drifts are quite common in the area.**
  Keep a pair of sunglasses with you. Do not look directly at these obstacles…use your peripheral vision.

- **Finger drifts and pillow drifts are some of the common terms that you will hear regarding North Dakota snow**
  Finger drifts are narrow lengths of snow across the road. Pillow drifts are broader in size and are usually deeper. Both can be extremely dangerous.

- **Sharing the road with various types of objects and animals is actually a year round situation.**
  You need extra stopping distances. Deer, moose, and cattle are common animals who will be sharing the road with you. Farm equipment is also a common year-round sight. These vehicles move slowly and have a tendency of sudden movements. Encounters with snow removal equipment is also common during the winter months. Snow removal equipment, like farm machinery, tend to make sudden movements.

- **Trains are common in North Dakota**
  Train-vehicle mishaps increase significantly in December and January.

- **There is a lot of ice on bridges and overpasses**.
  A light frost can cause your tires to lose traction and send you into a ditch. A slight misjudgment in a curve or passing maneuver on dirt roads, pavement, or a wet or icy road surface can send your vehicle into a tailspin.

SPEED AND DISTANCE. **Slow down and increase following distance.** These two pieces of advice just can't be emphasized enough!

TRACTION. Losing traction on ice will give you a helpless and panicky feeling. But it doesn't have to happen, you can maintain control. Here are some helpful hints:

- Reduce speed slowly, take your foot off of the accelerator and do not touch the brake.

- Make changes in direction gradually.

- When using your brakes, apply steady pressure. **DO NOT SLAM ON YOUR BRAKES!**

- When you start to skid keep your foot off the brake and accelerator. Steer in the direction of the skid.

- Store fuel in a cool, dry place, out of children's reach.

ELECTRIC SPACE HEATERS

- Never place a heater near combustible items and never lay a rug or other objects over the cord.
- If the heater's cord or plug feels hot, unplug and have the unit checked before you use it again.
- Avoid using an extension cord unless absolutely necessary. If you must use one, make sure it is marked #14 or #12 AWG. Also, make sure the extension cord bears a UL or E.T.L. testing label.
- Do not use electric heaters near water or damp places. Never put a portable heater in a bathroom.
- Keep children away from the heater. They may stick their fingers or objects into the grill.
- Only use space heaters with tip switches!

HOME EMERGENCY PLANNING - THE BARE NECESSITIES

An adequate supply of canned and freeze-dried foods, crackers, and powdered milk. High protein (energy foods) are best.. First Aid Kit and extra candles. Be sure you have any necessary medication for known illnesses on-hand. If you can't get to better shelter, chances are you can't make it to a pharmacy or a hospital. At least two flashlights with no less than two sets of new batteries. A transistor radio with an extra set of batteries.

SNOW REMOVAL When shoveling snow remember the following three words: **TAKE IT EASY**! Every year muscle, tendon, and back injuries soar to unbelievable levels. If you don't exercise regularly, avoid strenuous shoveling activity. Take it a little bit at a time. Always warm up prior to shoveling snow or chipping away at ice, just as you would for a sports activity. Try not to concentrate all the activity on just your right or left side – alternate. Maintain an awareness of your posture while shoveling to help avoid lower back pain. Insuring the proper length of the shovel handle will aid in your posture. **BEND THOSE KNEES!!**

IN CASE YOU'VE EVER WONDERED…The Truth About COLD METAL If you've ever seen the movies, "A Christmas Story" or "Dumb or Dumber" you'll know what happens when you press warm skin to cold, hard metal! Remember the results? Although it's just a movie, in reality it's certainly not comical. At super cold temperatures, your hand (or other body part) will literally freeze to a piece of exposed metal. It can cause severe frostbite and may require extensive heating to get you free. Plus, if you panic and violently jerk to try to free yourself you can tear your skin. Most adults know this, but you should make a point of teaching your children how dangerous this can be for them. Especially caution little ones against putting their tongue on any cold metal, especially on a dare or even on a triple-dog dare! Remember…It's Only a Movie. Don't Try This At Home!

WINTERTIME AT HOME

YOUR HOME FURNACE

Have your furnace inspected by a qualified technician. If you live on base, Balfour Beatty conducts annual preventative maintenance checks on the furnace in your quarters.

Don't store anything around your furnace. A rule of thumb is: No storage within three feet around the furnace.

WATCH OUT FOR CARBON MONOXIDE. Carbon monoxide is a poisonous gas having no odor or color. Its effects are often mistaken for fatigue or flu symptoms. Be wary of persistent headaches, nausea, ringing in the ears, dizziness or drowsiness, especially where windows and doors are sealed shut for the winter. If you experience any of these symptoms and suspect a carbon monoxide problem call you local gas company. If you reside on-base, call Balfour Beatty housing maintenance at 701-594-8003.

ALTERNATE HEAT

Take a good look at your home and see how many of your appliances are operated by electricity. The prospect of doing without it is almost frightening. You can get along without lights, hot water, or TV, but doing without your heating system at –40°F can be downright deadly. If you can go to someone's house who still has heat, you'll be alright. But don't count on it. Power usually goes out in a big area in this part of the country and those who survive the best are the one's who have made advance preparations.

Have a portable stove or heater and plenty of fuel available. Having the heater stored somewhere in the garage and assuming it is in good working condition could easily place you in danger. Check it out and keep it handy.

Have matches or a spare lighter on hand.

KEROSENE SPACE HEATERS

- Heating fuels produce carbon monoxide when burned. Ensure proper ventilation.
- Never refuel while the heater is running and never refuel inside the house. Refuel outdoors after the unit is cool. Only fill the tank to the "fill line" mark.
- Only 1-K grade kerosene that is water clear should be used. Old discolored kerosene should be discarded.
- Never use gasoline or any other flammable liquids in the heater.
- If a flare up occurs, use the emergency shutoff switch. If the shutoff switch malfunctions, do not attempt to move the heater. Instead, leave the house and call the fire department from a neighbor's house.
- Adjust the wick according to the manufacturer's recommended setting.

- Keep calm and hold the steering wheel with both hands.
- In North Dakota, the snow in the ditches become very hard packed if you find yourself committed to going into the ditch, it is best to ease into it with the front of the vehicle. Over-correcting and sliding broadside into the ditch increases the chance of flipping your vehicle over.

THE ABC's OF ABS - YOUR VEHICLE'S ANTI-LOCK BRAKING SYSTEM

It's happened to everyone: You're driving along, minding your own business, when suddenly, you hit a slick spot on the road. As your vehicle begins to slide, your first inclination may be to slam on the brakes. But is this the smartest move? If your car is equipped with an anti-lock braking system, it is.

As anti-lock braking systems (ABS) become standard on more new vehicles, it is important to know how this safety feature works and how to use it. In fact, you may have to *forget* what you've previously learned about how to brake on wet or slippery surfaces.

With anti-lock brakes, you only need to press and hold the brake pedal. You will actually feel the brake pedal pumping during hard braking. The computerized system is able to pump the brakes much faster than humanly possible -- up to 10 times per second. Do not pump the brakes, as this will not allow the ABS to automatically pulsate the brakes.

In addition, should a problem ever develop with the ABS, an instrument panel light will come on warning you of the potential problem. Be sure to bring your car or truck to a service center for immediate attention. Remember to drive carefully and know how to use your vehicle's anti-lock brake system. That way, when the roads are slick, you'll be able to give yourself -- and your passengers -- a nice brake.

BEATING THE COLD

TERMINOLOGY YOU WILL HEAR ON WEATHER FORECASTS

WINTER STORM WATCH Severe winter weather conditions **MAY** affect your area

WINTER STORM WARNING Severe winter weather conditions **ARE IMMINENT**

ICE STORM WARNING Possibly damaging ice accumulations **CAN BE EXPECTED**

HEAVY SNOW WARNING Snowfall of 4 in. in 12 hours or 6 in. in 24 hours **IS EXPECTED**

BLIZZARD WARNING Several hours of SNOW with WINDS of at least 35 mph **ARE EXPECTED**

SEVERE BLIZZARD WARNING Several hours of SNOW with WINDS of at least 45 mph and temperatures below 10°F

HIGH WIND WARNING Winds of at least 40 mph ARE EXPECTED for at least an hour

NOTE: IF THE WORD "**WARNING**" IS STATED, IT MEANS THOSE CONDITIONS ARE IMMINENT AND TRAVEL PLANS SHOULD BE RECONSIDERED

The facts about winter here cannot be mistaken- **WINTER WEATHER CAN KILL YOU** if you take it for granted. Winters here give **little forgiveness for mistakes** in your preparedness and judgment. Become respectful of it now and use the information provided to protect you and your family.

WIND CHILLS. The wind chill is a major factor in the "North Country." At 30°F and calm winds, you may find a light jacket quite adequate. But if even a slight 15 mph wind comes up you are running around in 11°F weather. Dressing improperly makes you a prime candidate for frostbite. Check out the wind chill chart on page 12 of this guide.

FROSTBITE. Frostbite occurs when cells in the skin get cold enough to freeze. It is characterized by numbness of the affected areas and a slight grayish tinge to the skin. Blood flow in the skin is slowed or stopped by the freezing and if unchecked, it can magnify the effects of cold and speed up frostbite in adjacent areas. The end result can be total destruction of cells that will never heal, with the possible onset of gangrene normally requiring amputation. **A COLD HARD FACT!**

Be cautious if you've had frostbite. Previously affected areas are extremely susceptible to recurrent incidents.

FROSTBITE PREVENTION

Heat loss from your head and neck is considerable (90% of the total depending on the temperature). **So wearing a cap is a necessity.** It may sound odd but your hands and feet will stay much warmer if you are wearing something on your head.

Dress in Layers. Stay dry. Replace clothes which have gotten wet from sleet or snow. Avoid frequent or extreme changes in temperature, and wear proper hand and footwear protection.

IF FROSTBITE OCCURS, DO'S AND DON'TS

The number one priority is to seek medical attention as soon as possible, even in "minor" frostbite cases.

DO -SLOWLY raise the temperature of the affected area to body temperature, For hands and feet the best is to put the bare hand or foot under lukewarm water from the faucet or under the individuals clothing between two parts of the body. Try to get the individual into a warm environment as soon as possible.

DON'T -Rub or touch affected areas. They are frozen and rubbing or moving the skin will cause further damage.

DON'T -Rub snow on the affected area. It makes as much sense as adding heat to a burn!

NOTE: Parents, check your children frequently when they are playing in the snow. Children often exert themselves and perspire freely and in the excitement of play they may not notice the onset of frostbite.

HYPOTHERMIA

This is a simple, but deadly condition in which your body loses heat faster than it can produce it. Your internal temperature is on a downward slide that can only result in unconsciousness, collapse, and death. When you hear of someone dying from "exposure", hypothermia is the actual cause of death. Only carbon monoxide could be considered a more sneaky and treacherous killer. Why? Because hypothermia can occur at temperatures so warm you can't believe it's happening. It dulls your mental capacity for judgment and, until you finally collapse, you may be the last to realize you are in trouble. Just a two degree decrease in core temperature can have dramatic results.

Hypothermia catches numerous victims each year. These victims fall into two categories. They have a stubborn and/or an egotistical attitude or they are simply lacking in correct knowledge.

How cold does it have to be for hypothermia to affect you? Anywhere from 50°F on down. Most cases develop between 50°F to 30°F because temperatures in this range often lulls many unsuspecting victims into dressing as if it were a beautiful spring day. Their choice can be a fatal mistake.

HYPOTHERMIA AND ITS SYMPTOMS

Watch for UNCONTROLLED SHIVERING, SLOW, VAGUE and SLURRED SPEECH, MEMORY LAPSES, INCOHERENCE, FUMBLING or IMMOBILE HANDS, FREQUENT STUMBLING or A LURCHING GAIT, DROWSINESS, EXHAUSTION, or an INABILITY TO GET UP AFTER A REST.

If you're alone or separated from your group for any length of time you'll never notice the symptoms until it's too late. If the victim insists they feel okay **always believe the symptoms and not the victim**. Death could be approaching rapidly.

HYPOTHERMIA – TREATMENT

The only treatment for hypothermia is WARMTH. Set up a windbreak to get the individual out of the wind, no matter how light the wind may be, and build a fire. Remove all wet or damp clothing and place the victim in a sleeping bag. Wrap warm (NOT HOT) rocks or canteens and place them in the bag with the victim. If a fire cannot be built or it appears that the symptoms are serious and require immediate medical action, someone must remove their clothing, climb in the same sleeping bag, and huddle with the victim. If a double bag is available put the victim between two warm donors. **Hypothermia is a killer and bashfulness or embarrassment has no value when compared with saving a life.** If the victim is fully conscious, they may be given warm, NOT HOT drinks. When the symptoms are completely gone, dress the victim as warmly as possible and seek medical aid.

FORGET FASHION AND DRESS FOR THE WEATHER. Wearing the latest fashions MAY NOT protect you from frostbite or hypothermia.