

**FREEZING INJURY (FROSTBITE).**

- a. Cause: EXPOSURE TO BELOW FREEZING TEMPERATURES, COMMONLY ASSOCIATED WITH DAMP CLOTHING OVER THE INVOLVED BODY PART.
- b. Symptoms: Skin is waxy, white/gray and numb while frozen. Upon thawing, the signs vary with the degree of injury as follows:
  1. Mild-Moderate: Redness, swelling, clear blisters, pain.
  2. Severe: Blue-black discoloration, blood-filled blisters, early absence of pain.

**NONFREEZING ("TRENCH FOOT," "IMMERSION FOOT").**

- a. Cause: PROLONGED EXPOSURE TO COLD (USUALLY 32° -50° F) AND WETNESS.
- b. Symptoms: Redness, swelling, blistering, bleeding, numbness.

**SEE REVERSE FOR PREVENTION AND FIRST AID**

**HEADQUARTERS, DEPARTMENT OF THE ARMY**

## **--PREVENTION--**

### **TO KEEP WARM REMEMBER THE WORD C-O-L-D**

**C--Cleanliness and Care**—Feet, socks, and clothing are warmer when clean. Proper care of the feet is imperative.

**O--Overheating**-- Wearing too much clothing causes overheating, perspiration, dampness and coldness.

**L--Layers and Looseness**-- Clothing in loose layers assures air spaces which hold body heat. Adjust the number of layers to the temperature and activity. Loose-fitting clothing insures circulation and insulation.

**D--DAMPNESS**--A wet garment is a cold garment. Wear the field jacket as a windbreaker and to repel water.

### **FIRST AID TREATMENT**

Get off your feet, change to warm, dry clothing, and seek medical assistance. **DO NOT RUB, AND DO NOT USE SNOW.**

### **SEE REVERSE FOR CAUSE AND SYMPTOMS**

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