

## **FROSTBITE**

<b>STEP</b>	<b>ACTION</b>	<b>✓</b>
<b>1</b>	Look for redness, or grey or waxy skin, frequently numb or itchy, blisters, areas of skin that are unnaturally firm, or tender and swollen.	
<b>2</b>	Shelter victim; keep warm with clothing or body heat; insulate from ground. Remove clothing from affected part; wrap loosely in dry sterile dressing. Do not massage area or break blisters or further injury may result.	
<b>3</b>	Seek medical aid; treat as litter casualty	

**Notes:**