

Wilderness First Aid



Frostbite Description

- Superficial
 - Skin white or gray and waxy,
 - Indents, stays dented
- Deep
 - Solid, can't indent
- After re-warming
 - Swelling, blistering, pain (like serious burn)

Frostbite Treatment

- Do **NOT** rub with snow
- Re-warm in water 98-110° F for 20 minutes
- Loose sterile dressings
- Elevate
- Superficial
 - Warm in field with body heat
- Deep (In field)
 - Prevent further heat loss
 - Re-warm in hospital

Re-warming and Disinfecting



Swelling After Re-warming

