

Christ the Teacher Catholic Schools

ADMINISTRATIVE PROCEDURES

SECTION:	100 – GENERAL ADMINISTRATION	CODE:	AP 317
PROCEDURE:	COLD INJURIES		

BACKGROUND

Exposure to the cold can be hazardous, or even life-threatening. Your body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest. Exposed skin may freeze, causing frostnip or frostbite. In extreme conditions or after prolonged exposure to the cold, the body core can also lose heat, resulting in hypothermia.

PROCEDURES

1. Seven Steps to Cold Weather Safety
 - 1.1 Listen to the weather forecast. If conditions are hazardous, a wind chill warning will be issued.
 - 1.2 Plan ahead. For example, keep students indoors at recess time.
 - 1.3 Dress warmly. Wear layers of clothing, with an outer jacket that is wind resistant.
 - 1.4 Wear head covering to prevent heat loss.
 - 1.5 Seek shelter. Get out of the wind. Limit the time you spend outside.
 - 1.6 Stay dry. Wet clothing chills the body rapidly. Remove outer layers of clothing or open your jacket if you are sweating.
 - 1.7 Keep active. Walking or running will help keep you warm by generating body heat.
 - 1.8 Know your limits. Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems.
2. Frostnip
 - 2.1 Symptoms
 - 2.2 A mild form of frostbite, where only the skin freezes.
 - 2.2.1 Skin appears yellowish or white, but feels soft to touch.
 - 2.2.2 Painful tingling or burning sensation.

2.3 Treatment

2.3.1 Do not rub or massage the area.

2.3.2 Warm the area gradually – use body heat (a warm hand), or warm water, avoid direct heat which can burn the skin.

2.3.3 Once the affected area is warm, do not re-expose it to the cold.

3. Frostbite

3.1 Frostbite Symptoms

3.1.1 A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.

3.1.2 Skin appears white and waxy, and is hard to the touch.

3.1.3 No sensation – the area is numb.

3.2 Frostbite Treatment

3.2.1 Frostbite can be serious, and can result in amputation. Get medical help.

3.2.2 Do not rub or massage the area.

3.2.3 Do not warm the area until you can ensure it will stay warm.

3.2.4 Warm the area gradually – use body heat, or warm water (40 to 42° C), avoid direct heat which can burn the skin.

4. Hypothermia

4.1 Hypothermia Symptoms

4.1.1 Feeling cold over a prolonged period of time can cause a drop in body temperature (<37° C).

4.1.2 Shivering, confusion and loss of muscular control can occur.

4.1.3 Can progress to a life-threatening condition where shivering stops, the person loses consciousness, and cardiac arrest may occur.

4.2 Hypothermia Treatment

4.2.1 Get medical attention immediately.

4.2.2 Lay the person down and avoid rough handling, particularly if the person is unconscious.

4.2.3 Get the person indoors.

4.2.4 Gently remove wet clothing.

4.2.5 Warm the person gradually, using any available source of heat.

Reference: Sections 85, 87, 108, 109, 175, 188, 190, 231 Education Act

Date Issued: November 21, 2007