

# Cold-Weather Casualties

**In cold weather you need to make an extra effort to stay healthy.  
Go the extra mile to avoid serious illness.**

## **Clothing**

- Remember the acronym C-O-L-D when wearing clothing in cold weather (**C**: Keep it **C**lean; **O**: avoid **O**verheating; **L**: wear clothing **L**oose and in **L**ayers; **D**: keep clothing **D**ry).
- Change into dry clothing each day and whenever clothing becomes wet.
- Wash and dry feet and put on dry socks at least twice daily.

## **Eyes**

- Use sunglasses with side protection in snow-covered areas.

## **Skin**

- Keep your skin clean, covered and dry.
- Use gloves to handle all equipment and fuel products.
- Avoid cotton clothing - it holds moisture.
- No skin camouflage below 32 °F - it obscures detection of cold injuries.

## **Carbon Monoxide**

- Use only Army-approved heaters in sleeping areas.
- Never sleep in idling vehicles.
- Post a fire guard when using a heater in sleeping areas.

## **Look after your battle buddy!**

Tell your instructor if you notice any of these problems:

- Skin that is swollen, red, darkened, painful, tender.
- Body parts that are numb, tingling, bleeding, blistered, swollen, tender, waxy looking.
- Uncontrollable shivering, drowsiness, mental slowness, lack of coordination.
- Dizziness, weakness, fatigue, blurred vision.
- Eyes that are painful, red, watery, or gritty feeling.
- Headache, confusion, dizziness, excessive yawning, cherry red lips and mouth.

