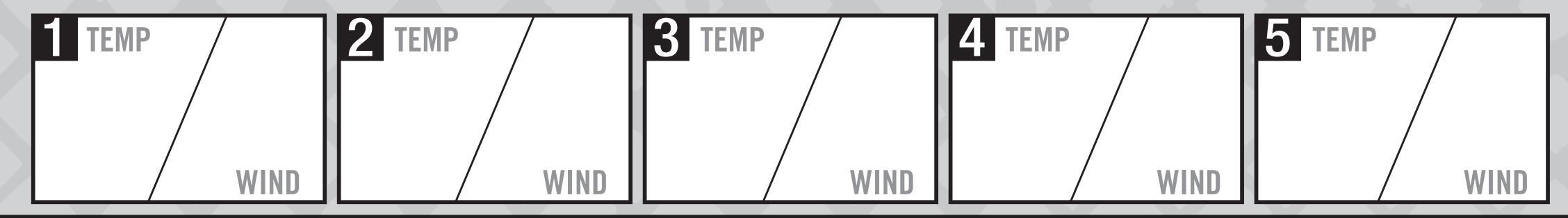
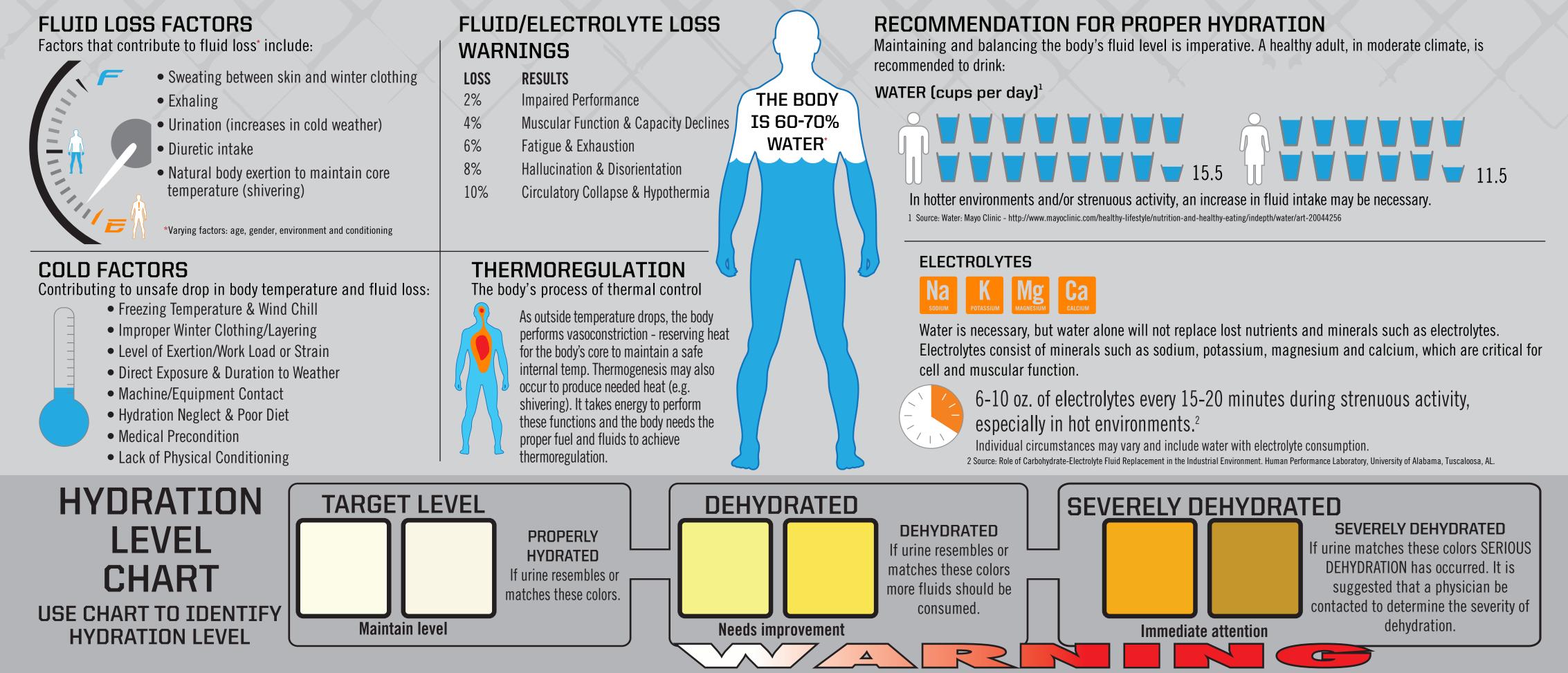
| WIND CHILL | NIND CHILL 32° to -19° Discomfort from cold conditions, chilblains and | WIND CHILL: 1. Find today's | WIND CHILL CHART |
|---|---|---|--|
| FORIODAY frostbite possible vand extremitie MIND CHILL-20 WIND CHILL-20 Hypothermia possi Hypothermia possi | frostbite possible with face and extremities. | | Temperature (°F) Calm 40° 35° 30° 25° 20° 15° 10° 5° 0° -5° -10° -15° -20° -25° -30° -35° -40° -45 5 36 31 25 19 13 7 1 -5 -11 -16 -22 -28 -34 -40 -46 -52 -57 -6 |
| | WIND CHILL -20° to -40° | predicted wind speed | 10 34 27 21 15 9 3 -4 -10 -16 -22 -28 -35 -41 -47 -53 -59 -66 -7 15 32 25 19 13 6 0 -7 -13 -19 -26 -32 -39 -45 -51 -58 -64 -71 -7 |
| | Hypothermia possible with prolonged exposure and | and #2. Where they intersect will determine APPARENT WIND CHILL or WHAT IT FEELS LIKE. | 1 1 4 -2 -9 -15 -22 -29 -35 -42 -48 -55 -61 -68 -74 -8 2 |
| | frostbite occurs within 10-30 minutes. | | |
| | WIND CHILL -40° & below | | 40 27 20 13 6 -1 -8 -15 -22 -29 -36 -43 -50 -57 -64 -71 -78 -84 -9 45 26 19 12 5 -2 -9 -16 -23 -30 -37 -44 -51 -58 -65 -72 -79 -86 -9 50 26 19 12 4 -3 -10 -17 -24 -31 -38 -45 -52 -60 -67 -74 -81 -88 -9 |
| | EXAMPLE: 1. Forecasted Temp = 25° | 50 26 19 12 4 -3 -10 -17 -24 -31 -38 -45 -52 -60 -67 -74 -81 -88 -9 55 25 18 11 4 -3 -11 -18 -25 -32 -39 -46 -54 -61 -68 -75 -82 -89 -9 60 25 17 10 3 -4 -11 -19 -26 -33 -40 -48 -55 -62 -69 -76 -84 -91 -9 | |
| (WHAT IT FEELS LIKE) | Hypothermia IMMINENT without proper precaution | 2. Forecasted wind = 15 3. Wind Chill (feels like) = 13° | Wind chill Temperature is only defined for temperatures at or below 50° F and wind speeds above 3 mph. Bright sunshine may increase the wind chill temperature by 10° to 18° F. |

5 DAY ACTUAL TEMPERATURE & WIND FORECAST



FYDRAIUN SAFELY 369 - FYDRAIE, FUEL, FUEDS

An overview of the body, fluid balance and your safety to prevent dehydration and/or accident from occuring because improper hydration is a threat in every season.



Monitor urine closely during cold weather. Urine frequency can and will be elevated during cold weather (Cold Diuresis). Urine color may also vary due to frequency. The more you go, monitor the amount. Amount can decrease upon each restroom stop. Be sure to replenish those fluids.





COLD ILLNESSES



COLD AWARENESS

1. Environments of 32°F or below - Use extreme caution, especially during strenuous activity.

2. Acclimate - Allow the body to adjust to cold weather, winter elements.

3. PPE Clothing - PPE and cold weather apparel is necessary but can increase risk of dehydration; therefore, monitor yourself continuously.

4. Thirst - Thirst sensation is suppressed in cold weather. Caffeinated products will escalate fluid loss.

5. Know the Symptoms - Be familiar with frostbite and hypothermia to respond quickly. (Review Cold Illnesses to the right)

6. Prevention - Preventing dehydration and/or a cold stress injury is much easier than recovering from the injury.

For instant Cold & Hydration training check out sqwincher.com/educate/resources/cold-stress



Symptoms and responses to cold exposure and cold stress.

| Chilblains: Red, swollen, itchy skin due to inflamed blood vessels; usually on the face, ears, hands and feet. | Cover and protect areas immediately. Lotions and ointments can treat areas. For severe cases, consult a physician. |
|--|--|
| Immersion or Trench Foot: | Go to a warm, dry place and remove wet clothing and gently dry |
| Extended exposure to cold and wet conditions causing | feet. Warm the feet slowly and apply clean dry socks when able. DO |
| multiple symptoms: swelling, tingly, numbness, pain etc. | NOT warm areas too quickly. Seek medical attention. |
| Frostbite: | Remove from the cold. Gradually warm areas with blankets, and |
| Freezing of skin and/or deeper tissue causing itching, | body to body contact; no direct heat. DO NOT RUB areas in fear of |
| burning, numbness, pain. Area will appear white to grayish | further tissue damage especially cases deeper than the skin. Seek |
| in color and feels cold, waxy and hard. | medical attention. |
| Hypothermia: When the body loses heat faster than it can produce heat making core body temperature drop below 98.6°F. As condition worsens look for slurred speech, confusion, violent shivering, weak pulse, shortness of breath and loss of consciousness. May have pale to blue appearance. Core temperature of 82°F or below can cause death. | Remove from cold immediately and call 911. Always handle patient gently, not to disturb vital organs under low body temperatures. Remove any wet clothing and apply dry clothing when necessary. Apply any warming to the body's core first: neck, chest and groin. DO NOT warm extremities first due to threat of shock. Get victim to the nearest hospital immediately. |



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