COLD STRESS/TEMPERATURES October 2, 2015

OUTLINE

1. Cold Temperatures
2. Objectives
3. Exposure
4. People at Risk
5. Warning Signals
6. Temperature Extremes
7. Indirect Danger of Temperature
8. Cold Temperature Exposure
9. Wind Chill
10. Frostbite
11. Degrees of Frostbite
12. Frostbite First Aid
13. Hypothermia
14. Hypothermia and Aging
15. Early Signs of Hypothermia
16. Advanced Hypothermia Symptoms
17. Prevention
18. Food and Liquid
19. Prevention and Medication
20. Preparation at Work and Home
21. Prepare you Vehicle
22. Winter Survival Kit
23. Stranded in Your Vehicle