

WINTER SAFETY



WCF
toll free: 1.800.446.COMP
web: www.wcf.com

When weather temperatures drop, the risk for hypothermia and frostbite increase. Know the causes and treatments if you encounter either.

- Hypothermia occurs when heat escapes from your body faster than it can warm itself.
- Symptoms of hypothermia include shivering, dizziness, hunger, nausea, faster breathing, trouble speaking, slight confusion, lack of coordination. If shivering stops the individual is getting worse, not better.
- To treat hypothermia, gradually rewarm the affected person by applying a gentle source of heat to the groin, head, neck and sides of the chest.
- Warning signs of frostbite include numbness and a white or grayish-yellow color to the affected skin, which may feel unusually firm or waxy.
- At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin.
- When frostbite is suspected, warm the affected area using body heat and seek medical attention immediately.

Insurance coverage in all states other than Utah is provided by Advantage Workers Compensation Insurance Company, a wholly owned subsidiary of WCF Mutual Insurance Company, doing business as WCF Insurance. Advantage is domiciled in Utah; NAIC number: 40517. Administrative office: P.O. Box 571918, Salt Lake City, UT 84157-1918.

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