

## HEALTH & SAFETY DURING COLD WEATHER ACTIVITIES

### **Dehydration**

Excessive loss of body water. Impairs the ability to reason, so the victim may not react properly.

#### **Prevention:**

- Drink at least 2 quarts of water a day.
- Avoid dehydrating foods (high protein) and fluids (coffee, caffeine).
- Increase fluid intake at first signs of darker yellow urine.

#### **Symptoms:**

##### **1 to 5 % deficiency**

- Increased pulse rate
- Nausea and loss of appetite
- Dark urine or constipation
- Irritability, fatigue
- Thirst

##### **6 to 10 % deficiency**

- Headache, dizziness
- Labored breathing
- Tingling
- Absence of salivation
- Inability to walk
- Cyanosis (bluish or grayish skin color)

##### **11 to 20 % deficiency**

- Swollen tongue, inability to swallow
- Dim vision, deafness
- Shriveled, numb skin
- Painful urination
- Delirium, unconsciousness and death

#### **Treatment:**

Mild cases - drink liquids, keep warm.

More severe cases require professional medical treatment.