

# Avoid Cold Casualties!

When using Cold-Weather Clothing,  
Remember **C-O-L-D**

**C** ~ Keep it...**Clean**

**O** ~ Avoid...**Overheating**

**L** ~ Wear it...**Loose and in layers**

**D** ~ Keep it...**Dry**

## How to Spot Trouble

Notify an instructor if you or your buddy  
experience:

- Dizziness, weakness or blurred vision
- Swollen red or darkened skin
- Painful, tender, hot or itchy skin
- Numbness or tingling
- Bleeding or blistered skin
- Numb, gray or waxy skin that feels "wooden" to the touch
- Vigorous shivering
- Lack of coordination and impaired judgment
- Painful, red, watery or gritty feeling in the eyes (snow blindness)

### Enclosed areas where heaters are used:

- Excessive yawning, cherry red lips or grayish tint to lips and mouth
- Confusion, disorientation or mental slowness
- Drowsiness, lack of coordination or unconsciousness

**Army Values:**  
Loyalty  
Duty  
Respect  
Selfless - Service  
Honor  
Integrity  
Personal Courage



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