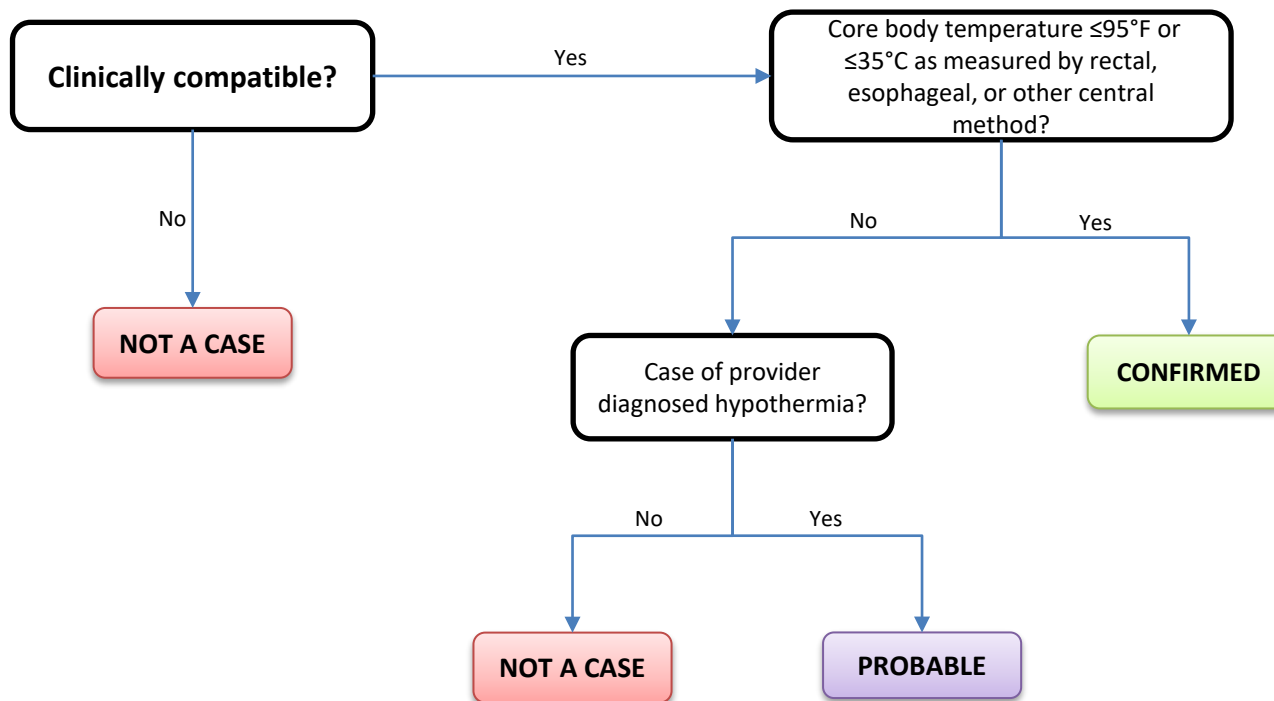


# Cold Weather Injuries - Hypothermia

INCLUDES: Service member cases only



## Clinical Description:

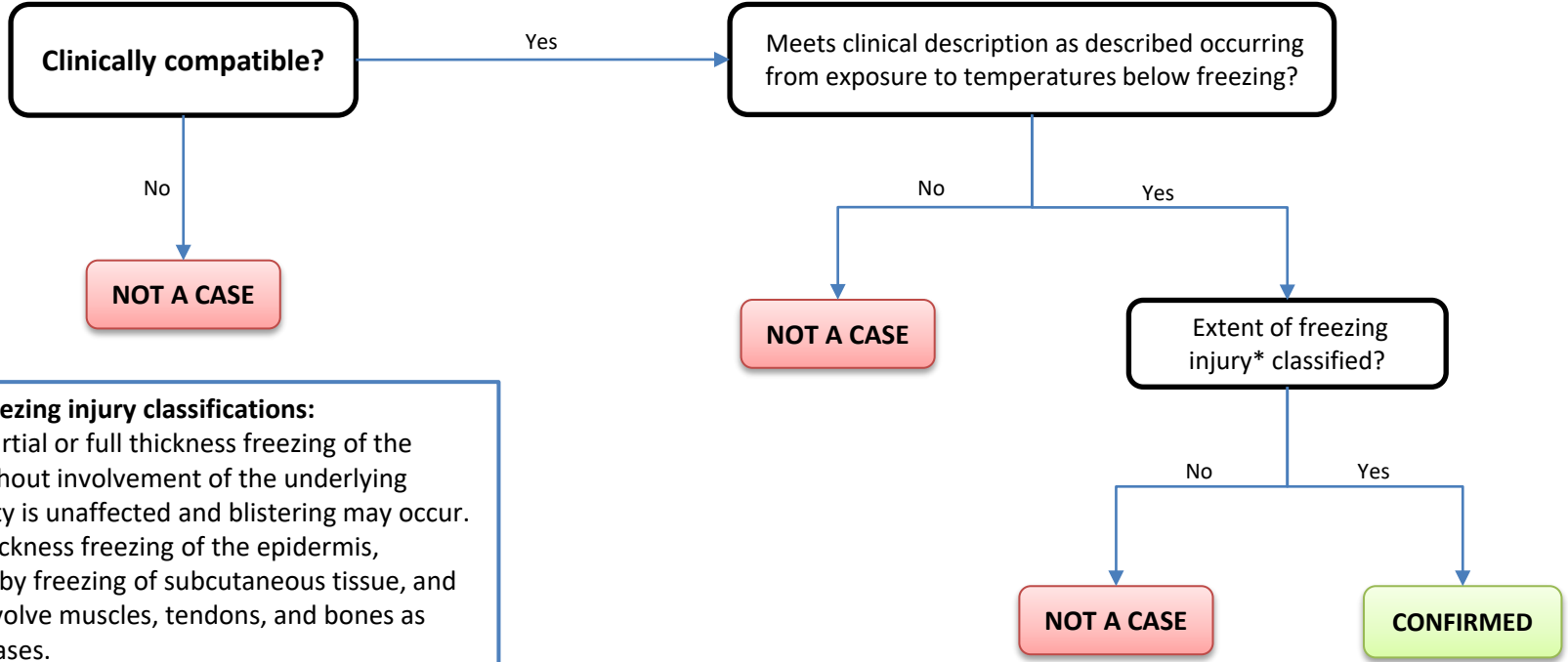
**Hypothermia:** Reduction of body temperature to ≤95°F. It can result from either dry land whole body exposure to cold temperatures or immersion in cold water. Freezing temperatures are not required to produce hypothermia.

## Critical Reporting Elements and Comments:

- Specify the type of injury.
- Document the anatomical site of injury.
- Document the circumstances under which the case patient was exposed, including duty exposure, occupational activities, environmental exposures, or other high-risk activities.
- Please specify ambient temperature, if known, in degrees Fahrenheit (estimate if unknown).

# Cold Weather Injuries – Freezing Peripheral Injuries

INCLUDES: Service member cases only



**\*Extent of freezing injury classifications:**  
Superficial: Partial or full thickness freezing of the epidermis without involvement of the underlying tissue. Mobility is unaffected and blistering may occur.  
Deep: Full thickness freezing of the epidermis, accompanied by freezing of subcutaneous tissue, and which may involve muscles, tendons, and bones as severity increases.  
Unknown: As yet unclassified.

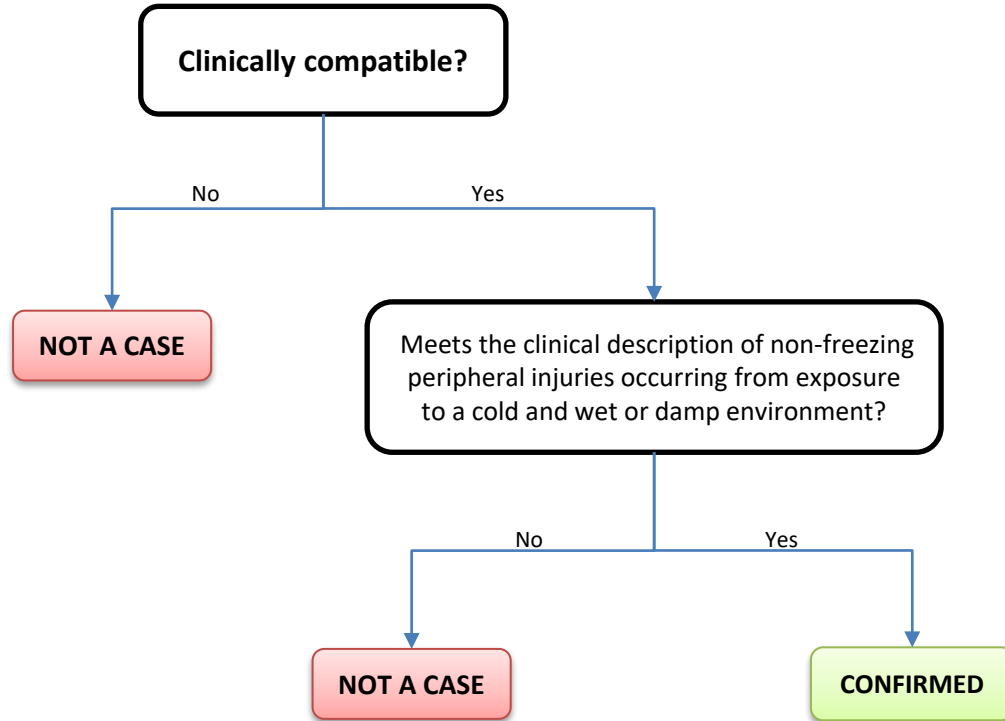
**Clinical Description:**  
Freezing Peripheral Injuries: Freezing injuries (e.g., frostbite) occur only when exposed to temperatures below freezing. They result from the freezing of tissue fluids in the skin and/or subcutaneous tissues. Although it has often been classified as 1<sup>st</sup> to 4<sup>th</sup> degree levels of injury severity, final classification often takes weeks and is not helpful for immediate treatment. A more recent classification system uses two levels: superficial or deep injuries. Do not delay reporting to determine classification.

**Critical Reporting Elements and Comments:**

- Specify the type of injury.
- Document the anatomical site of injury.
- Document the circumstances under which the case patient was exposed, including duty exposure, occupational activities, environmental exposures, or other high-risk activities.
- Please specify ambient temperature if known in degrees Fahrenheit (estimate if unknown).

# Cold Weather Injuries – Non-Freezing Peripheral Injuries

INCLUDES: Service member cases only



**Clinical Description:**

Non-Freezing Peripheral Injuries: A spectrum of localized non-freezing injuries, usually of extremities (e.g., trench foot, immersion foot, chilblains), that occur due to prolonged vasoconstriction in response to cold that leads to tissue injury and destruction. These injuries develop over a period of hours to days. They may occur at temperatures below or above freezing and can occur at temperatures as high as 60°F with prolonged exposure. Injury is accelerated by exposure to damp conditions. (Note: the term “trench foot” is also sometimes used to describe a tropical foot injury or “jungle rot”.)

**Critical Reporting Elements and Comments:**

- Specify the type of injury.
- Document the anatomical site of injury.
- Document the circumstances under which the case patient was exposed, including duty exposure, occupational activities, environmental exposures, or other high-risk activities.
- Please specify ambient temperature, if known, in degrees Fahrenheit (estimate if unknown).