

Medical: Cold Injuries/Frostbite

EMR

- Remove from environment and protect from further exposure
- ABC and vital signs monitoring core temperature
- Airway management with **oxygen** therapy maintaining a SaO₂ of 94-98% through titration.
- Remove frozen, wet, or restrictive clothing without damaging skin and start gradual warming process at room temperature provided refreezing will not occur
- Protect damaged areas with loose, dry, sterile dressings and be prepared to splint
- Elevate affected extremities and do not allow patient to use affected areas
- Treat other associated signs/symptoms per protocol

EMR STOP

EMT

- Consider ***Nitrous Oxide** for pain and anxiety management.

EMT STOP

EMT IV

ADVANCED EMT

- Vascular access

EMT IV / ADVANCED EMT STOP

Key Points/Considerations

- Treat gently, do not rub or manipulate the extremities.