



TEST YOURSELF FROSTBITE

Structure of pamphlet

Test your own knowledge on the subject FROSTBITE - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 233-243 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

Stay up-dated

**Find all self-training
assignments at our
webpage
www.dma.dk**

**You may ask us
questions at
cms@dma.dk**

**You may phone us at
+45 7219 6004**

**DANISH MARITIME
AUTHORITY**

Centre of Maritime Health
Service
Vestervejen 1
DK 6720 Fanø

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**You may want to read chapter 32 in
“Medical Guide for Seafarers”.**

Assignment 1

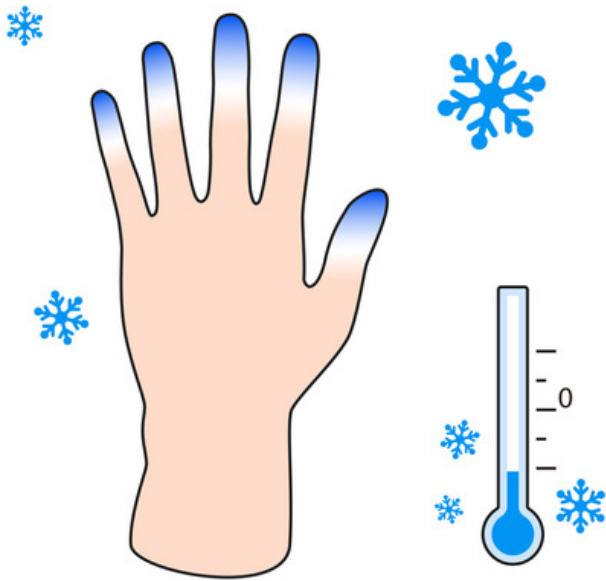
How will the body try to prevent
frostbite?

Assignment 2

Which first aid would you provide to a
person with frostbite?

Assignment 3

Describe correct treatment of frostbite:



Did you know ?

Low temperatures, wind, moisture and lack of movement may contribute to frostbite.

Moisture on skin leads to evaporation, which in turn cools skin.

Cold areas of the skin are painful at first, later they become numb.

Remember

Frostbite usually affects: Hands, fingers, toes, penis, face and ears.

Severe frostbite is more common among men.

Superficial frostbite (=frost nip) includes the skin only. It is possible to move skin over underlying structures/tissue.

Deep frostbite includes the skin and underlying structures. It is not possible to move skin without also moving underlying structures. Skin is white, marble-like and numb.

Deep frostbite always requires contact to Radio Medical Denmark.

In case of hypothermia as well; treatment of the hypothermia has priority.

Answers to the assignments:

Assignment 1

How will the body try to prevent frostbite?

The body opens/closes blood vessels, alternating, to the threatened area. This way heat loss is reduced, but perfusion maintained.

“Medical Guide for Seafarers”, p 238

Assignment 2

Which first aid would you provide to a person with frostbite?

Bring the person inside (shelter) and remove any wet/restraining clothes.

Do NOT rub affected area.

In case of simultaneous hypothermia; treatment of the hypothermia has priority.

“Medical Guide for Seafarers”, p 238

Assignment 3

Describe correct treatment of frostbite:

Thaw quickly: immerse affected area in 40⁰ C (104⁰ F) water for half an hour, or as agreed with Radio Medical Denmark.

Thawing causes intense pain. Contact Radio Medical Denmark for prescription of proper painkiller.

“Medical Guide for Seafarers”, p 238