**Problem-Solution Text**

**Hazards of Cold Weather Exposure:**

(adapted from alertcadet.org)

There are many hazards of cold weather exposure. If you find yourself in an outdoor survival situation in the winter, you may face such problems as frostbite, snow blindness, or hypothermia. How do you prevent these cold-weather problems?

Fortunately there are solutions. Use the following tips to prevent frostbite, snow blindness, and hypothermia:

* Stretch muscles in every direction (wrinkle face, exercise hands).
* Watch each other for patches of waxy, reddening or blackened skin, especially faces, ears, and hands.
* Do not get clothing wet, whether through sweat or water.
* Dry clothing as soon as possible.
* Knock snow off before entering shelter, or leave outer clothing at the entrance to avoid melting snow, which can wet gear and clothing.
* Avoid tight clothing, which reduces circulation.
* Never go out without adequate clothing – however briefly.
* Never touch metal with bare hands. Avoid spilling gasoline on bare flesh. Lower melting point causes more damage than water.

If you follow these tips, you can avoid the problems caused by surviving outdoors in the winter. Good luck!