

Health Guidelines During Heavy Snow and Cold Wave

Type	Symptoms	Recommended Actions
Hypothermia	<ul style="list-style-type: none"> Slurred speech or memory loss Progressive loss of consciousness Severe shivering in the arms and legs 	<ol style="list-style-type: none"> Call 119 (emergency services) and seek medical assistance. Remove wet clothing and wrap in a blanket or sleeping bag. Attach hot packs to the armpits and abdomen. If conscious, consume warm beverages. <p>※ Be careful if the person is unconscious.</p>
Frostbite	<ul style="list-style-type: none"> 1st degree: Stabbing pain, redness, itching, swelling 2nd degree: Skin turns dark red, blisters form 3rd degree: Skin and subcutaneous tissue necrosis, loss of sensation 4th degree: Muscle and bone necrosis 	<ol style="list-style-type: none"> Call 119 (emergency services) and seek medical assistance. Move to a warm area. Immerse the frostbitten area in warm water ※ 38-42°C: if possible without causing discomfort. For the face and ears, apply a warm, moist towel frequently. For the hands and feet, place a sterilized dry gauze between the fingers or toes to prevent sticking. ※ Moisture Removal and Prevention of Clinging When Suffering from Leg or Foot Frostbite, make sure you are being carried. ※ If frostbite occurs on the legs or feet, do not walk even after thawing.
Injuries	<ul style="list-style-type: none"> Injuries resulting from falls ※ Trauma, fractures, etc., due to slipping and falling 	<ol style="list-style-type: none"> Report to 119 (emergency services) if mobility is impaired. Immobilize the affected area in a comfortable position, and ※ use splints if necessary.

Preventing Slip and Fall Accidents on Icy Roads



Walk with smaller steps than usual.



Wear shoes with low heels and anti-slip soles.



Avoid heavy and thick outerwear that restricts movement.



If you start to slip, crouch down on your knees and roll to minimize injury.



People taking medications that can cause dizziness or drowsiness should avoid going out.

(For Vehicles) Black Ice Accident Prevention Guidelines

Product Features & Characteristics



Reduce your speed by 50% compared to the posted speed limit and maintain a distance of at least twice the normal following distance.



Avoid sudden acceleration, braking, and sharp turns, and apply the brakes multiple times (pump the brakes) if necessary.



If your vehicle starts to skid, turn the steering wheel in the direction of the skid (not the opposite direction).

※ Reduce unnecessary lane changes and firmly grip the steering wheel before losing control.

Please note that these action guidelines are based on general situations for each disaster type and may vary in specific circumstances.

Safety is enhanced when following these guidelines together with others.


Citizens' Action Guidelines by Disaster Type

Heavy Snow and Cold Wave

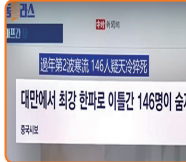


Accident Cases

• Collapse incident due to heavy snow at Mauna Resort

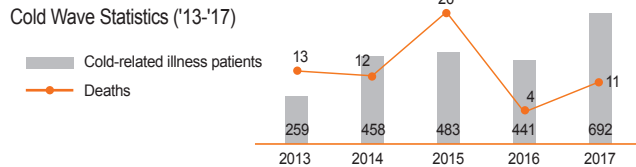
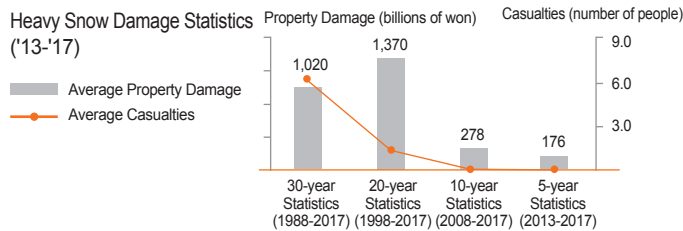
Date	February 17, '14, 21:11	
Casualties	10 deaths and 204 injuries	
Incident Overview	Students trapped due to resort collapse caused by heavy snowfall	

• Cold wave accident in Taiwan

Date	January 27-28, '23	
Casualties	146 deaths	
Incident Overview	Hypothermia cases due to temperatures dropping below 6°C	

Current Situation and Major Causes

Nationwide Heavy Snowfall and Cold Wave Occurrence Status (Last 5 Years, '13-'17)



- Average property damage related to heavy snow has decreased by an annual average of 17.6 billion won over five years.
- The number of cold-related illness patients increased 2.5 times from '13 (259 people) to '17 (692 people).

Major Causes of Casualties

- (Heavy Snow) Inability to withstand the weight of accumulated snow in a short period.
- (Cold Wave) Occurrence of cold-related illnesses (hypothermia, frostbite, etc.) due to cold weather.

Heavy Snow and Cold Wave Alerts

Heavy Snow Watch	Heavy Snow Warning
① When 5cm or more of snowfall is expected within 24 hours.	① When 20cm or more of snowfall is expected within 24 hours.
Cold Wave Watch	Cold Wave Warning
① When the temperature is expected to drop more than 10°C from the previous day, reaching 3°C or lower and below the average temperature by 3°C. ② When temperatures of -12°C or lower are expected to persist for 2 or more days.	① When the temperature is expected to drop more than 15°C from the previous day, reaching 3°C or lower and below the average temperature by 3°C. ② When temperatures of -15°C or lower are expected to persist for 2 or more days.

Prevention Guidelines

Monitor Weather Conditions

- Stay informed about weather conditions and share information with those around you.

Move to a Safe Location

- Evacuate from high-risk areas.
- Obtain contact information for neighbors with disabilities, elderly individuals, etc., and check on them regularly.

Prepare Necessary Supplies

- Conduct pre-checks of your home and vehicle.
- Prepare emergency supplies.

Avoid Going Out

- Avoid going out when heavy snow is forecasted.
- Wear gloves and a hat when going out.

Learn About Cold Wave Safety and Prepare

- Familiarize yourself with the symptoms of cold-related illnesses and have the contact information of nearby hospitals in advance.

Prepare for Cold Waves

- Perform pre-maintenance on boilers and pipes.
- Take insulation measures for meters, etc., to prevent freezing.

Citizens' Action Guidelines

During Heavy Snow

1. In isolated mountainous areas, prepare emergency supplies such as food and fuel.
2. Regularly check the snow in front of your house.
3. Prepare snow chains, calcium chloride, shovels, etc., in advance.
4. Reduce your stride, keep your hands out of your pockets while walking, and use public transportation when possible.
5. Drive at low speeds and maintain a safe distance.
6. In case your vehicle becomes stranded, call 119, monitor the weather conditions from inside the car, and wait for rescue.

When Cold Wave Occurs

1. Maintain heating temperature for vulnerable individuals, infants, etc.
 ※ Recommended indoor temperature during winter (18°C~20°C).
2. When going out, use scarves and gloves for insulation.
 - Turn off space heaters when leaving and ventilate periodically.
3. If you get frostbite, do not rub it; soak it in warm water for about 30 minutes and seek immediate medical attention.
4. Insulate water meters, boiler pipes, etc.
 - Use a hair dryer to thaw frozen pipes.
5. When leaving for an extended period, set the hot water to a low level to prevent freezing.
6. Roads may freeze, so prepare winter equipment such as snow chains for your vehicle and check the antifreeze.