

Understanding the Problems:

1. Exposure of unprotected skin and eyes to sunlight may cause **sunburn and snow blindness**.
 - a. The threat of sunburn and snow blindness depends on the intensity of sunlight, not the air temperature.
 - b. Snow, ice and lightly colored objects reflect the sun's rays, increasing the potential for injury.
 - c. Sunburned skin will appear red, hot to the touch, possibly swollen and blistered, and will be painful.
 - d. Solar radiation can "sunburn" unprotected eyes resulting in snow blindness. Sunburned eyes are painful. There is often a gritty feeling, profuse tearing, blurred vision and headache.
 - e. Sunburn and snow blindness can last hours to days and can cause temporary combat ineffectiveness.
2. Cold weather is often accompanied by winds and low humidity.
 - a. Wind blown debris entering the eyes can lead to eye irritation, injury and infection.
 - b. Low humidity and windy conditions cause drying of the lining (mucous membranes) of the nose, mouth, and throat causing nosebleeds, sore throat and minor respiratory difficulties. Low humidity and wind can dry and cause chapping of the skin, increasing the sensitivity to sunburn and chaffing.
3. Working in snow, ice, or mud is very strenuous. Building fighting positions and moving troops requires more time and physical effort.