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facts about... TRENCH FOOT

Caused by the wet, cold & insanitary conditions of the trenches.

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Blood vessels

constrict causing a lack of oxygen to the tissues, pain & numbness.

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During the winter of 1914-15, 20,000 British soldiers were treated for trench foot.

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Doctors were slow to understand the condition but by late 1915, soldiers were ordered to change socks twice a day.

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Men would stand for hours in waterlogged trenches, unable to remove socks or boots.

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Trench foot develops quickly. It takes less than a day for the condition to develop.

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If untreated, it could turn gangrenous & result in amputation, as happened to many soldiers.

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The only remedy was to dry their feet & change socks regularly & cover feet with a grease made from whale oil.

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