

STAY SAFE WITH SOCIETY

WORKING IN COLD CONDITIONS

Very cold temperatures can be hazardous to your health, even deadly. You can be exposed to hazards from the cold when you're inside (such as in freezers, coolers, or from low-temperature liquids or gases) as well as outside.

Many of the problems associated with cold temperatures can be prevented by proper dress and some sensible practices. Knowing the symptoms of danger and how to treat them can keep problems that do occur from becoming disasters.

Hazards:

Frostbite is the most common hazard. Your body doesn't get enough heat and the body tissues freeze. Body parts most affected by frostbite are the nose, ears, cheeks, fingers, and toes. In severe cases, frostbite can cause permanent tissue damage and loss of movement in the affected body parts.

Hypothermia is another hazard of the cold. It occurs when you're exposed to cold so long that your body temperature gets dangerously low. The worst-case results are unconsciousness and death.

With both cold hazards, you're more at risk if you're older, overweight, or have allergies or poor circulation. Other factors that raise the risk are smoking, drinking and taking medications such as sedatives.

Symptoms:

Frostbite: Skin starts out with a redness of color in lighter-skinned people or grayish color in darker-skinned people. With continued exposure, the skin blanches to a white/grayish yellow, to reddish violet, to black. It may also blister. Also look for a tingling or aching feeling or a brief pain.

Hypothermia: Pain in your lower extremities. Look also for numbness, stiffness in the neck, arms, and legs, poor coordination, drowsiness, slow breathing and heart rate, slurred speech, and puffiness in the face.

Checklist:

- Does everyone who is exposed dress in layers of loose, dry clothes?
- Do you cover your hands, feet, face, and head?
- Are all workers instructed to keep moving when they're in the cold?
- Do you take regular breaks in warm areas?
- Do you instruct workers to warm themselves gradually?



**ENSURE WORKERS
TAKE REGULAR BREAKS
IN WARM AREAS AND
WARM THEMSELVES
GRADUALLY.**

A Small Detail
That Can Make a
Big Difference.

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