



Safety Tip of the Week

Your Safety Is Our Business®

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Cold Weather - Harmful Effects

Summer and fall are gone and the winter months are upon us. Even though it's cold outside we still have to work and get the job done. There are several things we can do to keep warm and prevent injuries related to cold weather.

Most cold-related injuries are a result of exposure to humidity, high wind, wet condition, and inadequate clothing. When cold exposure lasts for more than an hour, cooling of your skin and reduced blood flow to your hands leads to a bloated sensation of touch as well as pain and loss of dexterity and agility.



Very cold temperatures, like very hot ones, can be hazardous to your health. Proper dress and some sensible practices can prevent a lot of the problems associated with cold weather. In addition knowing the symptoms and how to treat them can keep problems that do occur from becoming disasters.

Protection Against Hazards:

- The best way to deal with cold problems is to prevent them in the first place. The most sensible approach is to limit exposure to cold, especially if it's windy or damp.
- If you know you're going to be in cold conditions, don't bathe, smoke, or drink alcohol just before going out.
- Dress for conditions in layers of loose, dry clothes. The most effective mix is cotton or wool underneath, with something waterproof on top.
- Get dried or changed immediately if your clothes do get wet.
- Be sure to cover hands, feet, face, and head. A hat is critical because you can lose up to 55 percent of your body heat if your head isn't covered.
- Keep moving when you're in the cold.
- Take regular breaks in warm area. Go where it's warm any time you start to feel very cold or numb.
- Drink something warm, as long as it doesn't contain alcohol or caffeine.

Don't Be 'Left Out In The Cold'... Practice Winter Safety!!