



Safety Tip of the Week

Cold Stress

Cold stress or hypothermia can affect workers not protected against it. When the body cannot maintain its warmth, serious cold-related illnesses and injuries can occur. This may lead to permanent tissue damage or even death.

Cold Stress Controls:

Employees must recognize the early stages of cold stress in themselves and others. The first warning sign may be pain in the extremities. Workers in cold conditions should:



- Be medically fit for the cold exposure;
- Eat a balanced diet that includes increased carbohydrates to burn more fuel and increase your body heat. Carbohydrates burn faster than protein and give you quicker energy;
- Understand the risk imposed by the chill factor and be prepared for the conditions;
- Avoid caffeinated or alcoholic drinks that increase water loss and blood flow to the extremities;
- Have a back-up plan when working in isolated areas or use a buddy system to keep an eye on each other and watch for signs of cold stress; and
- Clothing should be suited for the cold and your level of physical activity. Here are tips to remember when working in the cold:
 - Wear several levels of clothing to capture insulating air between the layers;
 - To allow for ventilation, wear cotton or synthetic layers next to the skin;
 - Wear waterproof or water-repellant outer clothing when working in wet conditions;
 - Protect your head from heat loss. When you do not cover your head, you can lose 40 percent of your body heat. Use hats, hoods or hard-hat liners; and
 - In case your work clothes become wet, keep a change of clothing available.

ICE AND SNOW MEAN TAKE IT SLOW!!