# Safety Tip of the Week

## Preventing Cold Stress

Prolonged exposure to cold and/or freezing temperatures while on the job may cause serious health problems such as trench foot, frostbite, and hypothermia. In extreme cases, exposure to cold temperatures can lead to death.

### Important Tips to Prevent Cold Stress:

- Wear proper clothing for cold, wet, and windy conditions;
- Take frequent, short breaks in warm, dry shelters;
- Schedule work for the warmest part of the day;
- Avoid exhaustion or fatigue;
- Keep extra clothing handy in case clothes get wet;
- Drink warm, sweet beverages and avoid drinks with caffeine or alcohol;
- Eat warm, high-calorie foods;
- Use the buddy-system - work in pairs so that one worker can recognize the danger signs; and
- Stay dry in the cold because moisture or dampness, even from sweating, can increase the rate of heat loss from the body.
- Dressing properly is extremely important to preventing cold stress. Wear at least three layers of loose-fitting clothing. Layers provide better insulation.

*PLAY IT SAFE IN THE COLD…WEAR LAYERS AND TAKE BREAKS!*