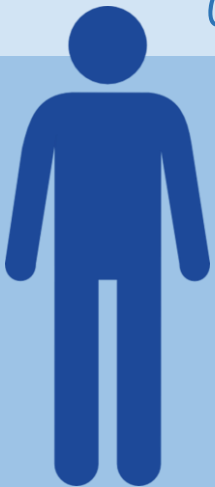


Cold Stress

Supervisor
Crew
Talk



What is Hypothermia?

- Occurs when the body loses more heat than it is producing
- Risk factors include cold, alcohol, fatigue, and open wounds
- Untreated hypothermia can become a medical emergency
- Mild hypothermia is easily treated

Early symptoms

- Shivering
- Fatigue
- Confused or disoriented
- Loss of coordination

Late symptoms

- Shivering stops
- Blue skin
- Dilated pupils
- Loss of consciousness
- Slowed pulse and breathing

Recommendations for Workers

Workers should avoid exposures to extremely cold temperatures whenever it is possible.

- Wear appropriate clothing
- Make sure to protect ears, face, hands and feet
- Move into warm locations for breaks
- Monitor your physical conditions along with other co-workers

What is Frostbite?

Frostbite occurs when the skin and underlying tissues freeze.

Symptoms:

- Reduced blood flow to hands and feet (fingers/toes can freeze)
- Numbness
- Tingling sensation or stinging
- Aching
- Bluish or pail, waxy skin

