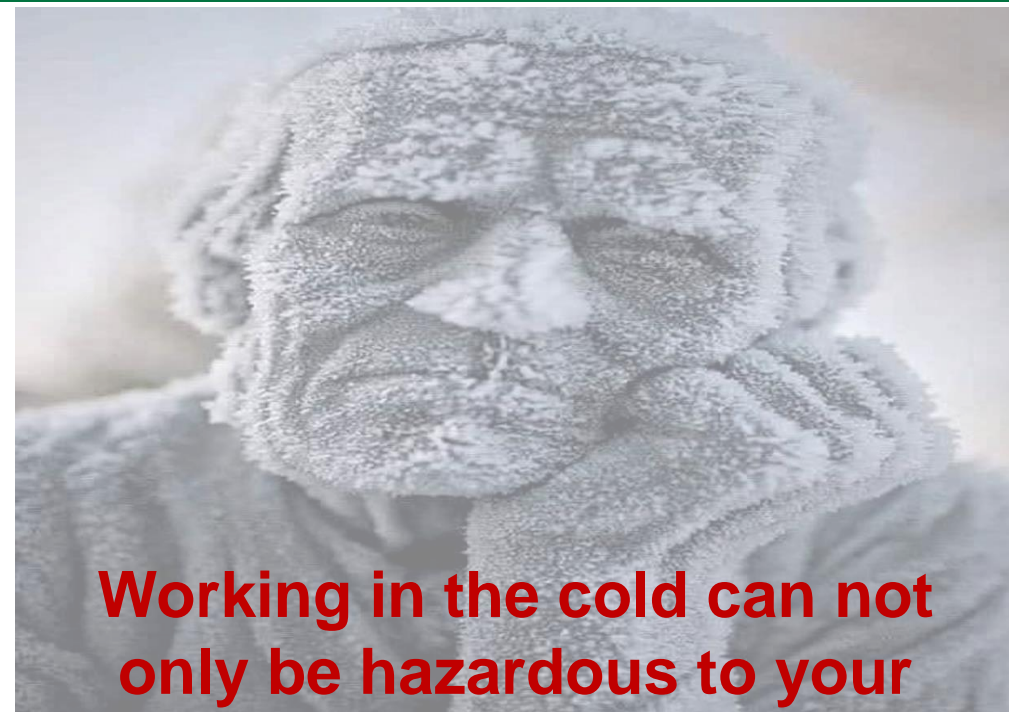


WORKING IN THE COLD

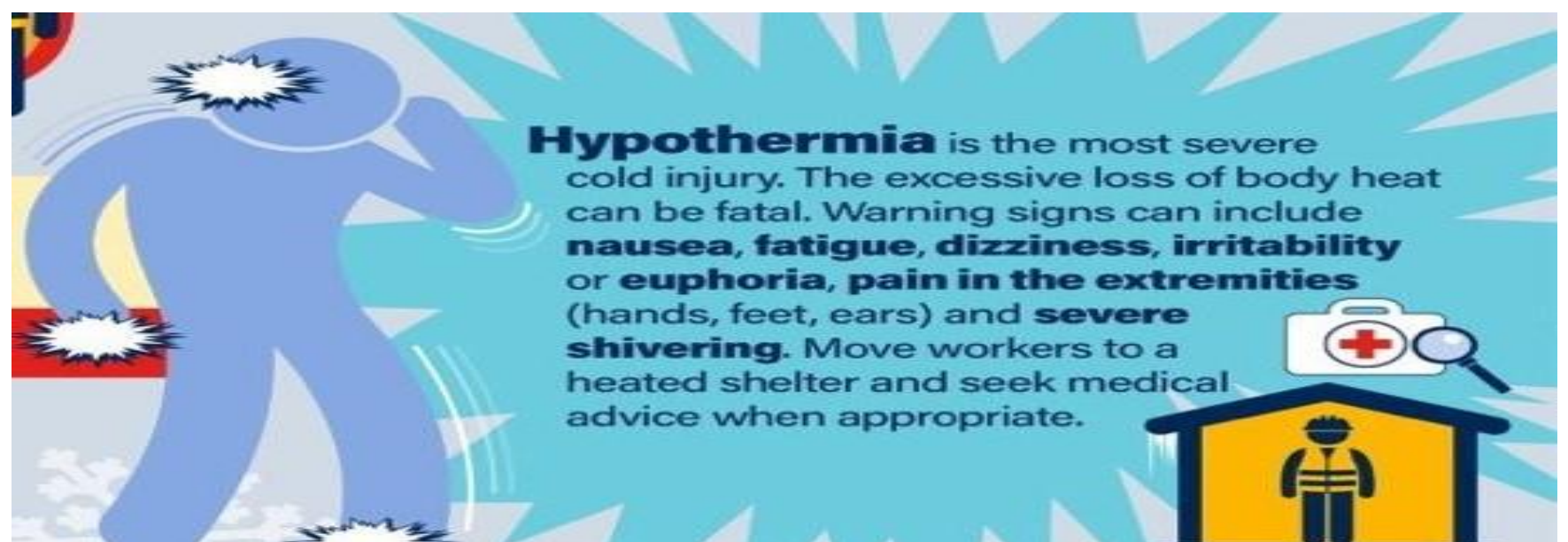


The toes, fingers, ears and nose are at greatest risk because they do not have major muscles to produce heat. Mental alertness is also reduced.



Working in the cold can not only be hazardous to your health, but also potentially life-threatening.

Cold injuries range from chilblain, trench foot and frostbite to hypothermia, which is a medical emergency.



•**Chilblain** – redness, swelling, tingling and pain

•**Frostnip** – caused when top layers of skin freeze, turning white, numb and hard, but deeper tissue feels normal

•**Frostbite** – occurs when tissue temperature falls below the freezing point or when blood flow is obstructed; symptoms include inflammation of the skin in patches and slight pain. In severe cases, there could be tissue damage without pain, or burning or prickling sensations that result in blisters

•**Immersion foot/Trench foot** – caused by prolonged wet or cold feet; symptoms include tingling, numbness, itching, pain, swelling, and blisters

In order to work safely, the numerous risks posed by frigid temperatures, wind chill and wetness needs to be counterbalanced by various measures, including controlled exposure, education and training, and proper insulation.

Supervisor
Crew
Talk

“Safety is a Core Value and Business Priority”



West Fraser