

ARE YOU PREPARED FOR COLD STRESS?

Here are some recommendations for both the employer and employee to help you steer clear of cold stress.

Workers who are exposed to extreme cold or work in cold environments may be at risk of cold stress... and you could be one of them. Extremely cold or wet weather is a dangerous situation that can cause occupational illness and injuries such as hypothermia, frostbite, trench foot, and chilblains... Yikes!

So what can you do? Whenever possible, it's best to avoid exposure to extremely cold temperatures. When such conditions cannot be avoided, you should follow recommendations straight from the National Institute for Occupational Safety and Health (NIOSH) to protect yourself from cold stress. Take a look at what you can do as either an employer or an employee.

For the Employer:

- Schedule maintenance and repair jobs in cold areas for warmer months.
- Schedule cold jobs for the warmer part of the day.
- Reduce the physical demands of workers.
- Use relief workers or assign extra workers for long, demanding jobs.
- Provide warm liquids to workers.
- Provide warm areas for use during break periods.
- Monitor workers who are at risk of cold stress.
- Provide cold stress training that includes information about:
 - Worker risk
 - Prevention
 - Symptoms
 - The importance of monitoring yourself and coworkers for symptoms
 - Treatment
 - Personal protective equipment

For the Employee:

- Wear appropriate clothing.
 - Wear several layers of loose clothing. Layering provides better insulation.
 - Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities.
 - When choosing clothing, be aware that some clothing may restrict movement resulting in a hazardous situation.
- Make sure to protect the ears, face, hands and feet in extremely cold weather.
 - Boots should be waterproof and insulated.
 - Wear a hat; it will keep your whole body warmer. (Hats reduce the amount of body heat that escapes from your head.)
- Move into warm locations during work breaks; limit the amount of time outside on extremely cold days.
- Carry cold weather gear, such as extra socks, gloves, hats, jacket, blankets, a change of clothes and a thermos of hot liquid.
- Include a thermometer and chemical hot packs in your first aid kit.
- Avoid touching cold metal surfaces with bare skin.
- Monitor your physical condition and that of your coworkers.

Remember, in the event of an emergency, call 911 IMMEDIATELY. Stay safe out there from all of us at Evolved Safety.

For more info on the best safety training procedures, contact Evolved safety at **844.528.4486** or **info@evolvedsafety.com**.

Take Look at Your Training

If cold stress is a hazard at your workplace, it's a good idea to consult with a safety and health professional to ensure you have the proper training procedures in place. For more information on how to help with the issue of cold stress in your workplace, call or email us to discuss training options at **844.528.4486** or **info@evolvedsafety.com**.