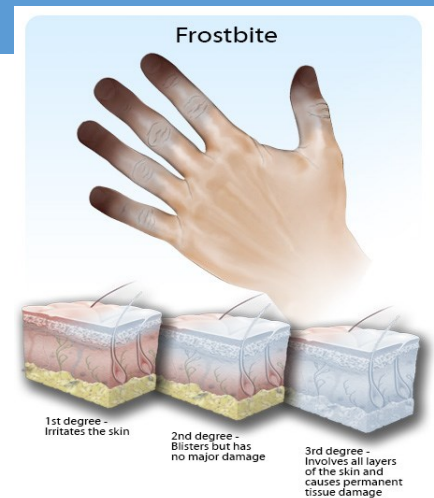


Knowing common cold stress injuries—and understanding how to prevent them—is key to keeping workers safe during the winter!

## Conditions Caused by Cold Stress

- **Hypothermia** – occurs when the body loses heat faster than it can produce heat, and body temperature falls below 95°F.
- **Frostbite** – watch for this on fingers, noses, and toes. When extremities are exposed to low temps, skin and other tissue can freeze. It can be accompanied by clumsiness, swelling, or blistering.
- **Trench foot** – foot injury resulting from prolonged exposure to wet and cold water. It can happen even on warmer days if feet are constantly wet.
- **Chilblains** – extremely painful response to the cold that produces skin redness, itching, and ulcers. It's caused by repeated exposure to cold temperatures, but rarely causes permanent tissue damage.



## Cold Weather Safety Precautions



- Monitor physical condition.
- Wear appropriate clothing for the weather. Layers of loose clothes can provide insulation, whereas tight clothes may cut off circulation to extremities.
- Consider the work environment; some clothes may restrict movement in hazardous conditions.
- Protect your ears, face, hands, and feet in extremely cold and/or wet weather. Wear waterproof, insulated boots and a hat.
- Move into warmer areas during breaks and limit the total amount of time you spend outside.
- Carry a change of clothes (including a jacket, socks, gloves, and a hat), blankets, and a thermos of hot liquid. Change into dry clothes if clothes or socks become wet.
- Include chemical hot packs in the first aid kit.
- Avoid touching cold metal surfaces with bare skin.