

Cold Weather

Extended exposure to freezing or cold temperatures can result in health problems such as frostbite and hypothermia. Increased wind speed also causes heat to leave the body more rapidly. Cold stress occurs by driving down the skin temperature, and eventually the internal body temperature. Danger signs include uncontrolled shivering, slurred speech, clumsy movements, and confused behavior, etc.



Tips to prevent injuries caused by cold weather:

1. Encourage co-workers to wear clothing for cold, wet, and windy conditions.
2. Use buddy system; working in pairs so that one worker can recognize danger signs.
3. Drink warm, sweet beverages (sugar water, sport-type drinks) and avoid drinks with caffeine (coffee, tea, sodas, or hot chocolate).
4. Keeping your body warm requires a lot of energy; eat enough calories to give you the fuel you need.
5. Avoid working outdoors if you must; Plan your work (short periods of time) (use co-workers rotation) etc.
6. If necessary, take breaks often, in a heated area, to warm up.
7. Get medical help right away if you or another co-worker has symptoms of hypothermia:
 - Shivering
 - Slurred speech
 - Fatigue
 - Loss of coordination
 - Confusion or disorientation

Remember, some workers face increased risks when they take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular problems.