Baby, It's Cold Outside:

While working outside, be aware of the signs & symptoms of hypothermia. To prepare for working outside remember to:

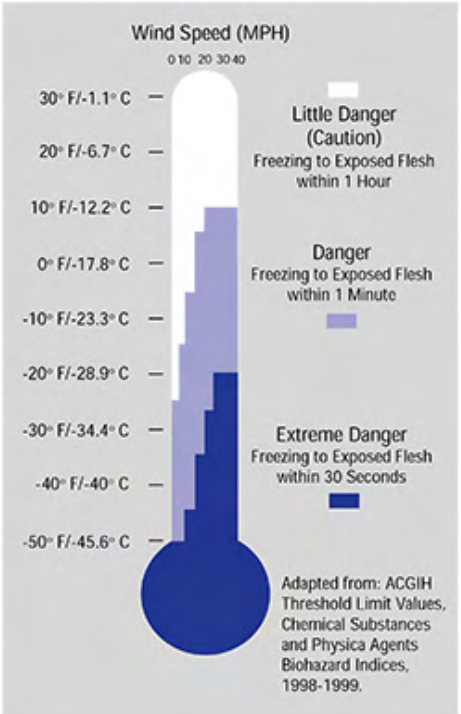
- Dress in layers and stay dry.
- Don't forget your head, ears, face, hands, and toes.
- Get plenty of food and fluids.
- Stretch regularly to avoid injuries.
- Avoid caffeine and alcohol.
- Take frequent breaks.



THE COLD STRESS EQUATION

LOW TEMPERATURE + WIND SPEED + WETNESS = INJURIES & ILLNESS

When the body is unable to warm itself, serious cold-related illnesses and injuries may occur, and permanent tissue damage and death may result. **Hypothermia** can occur when *land temperatures* are **above** freezing or *water temperatures* are below 98.6°F/ 37°C. Cold-related illnesses can slowly overcome a person who has been chilled by low temperatures, brisk winds, or wet clothing.



Winter Safety Stats & Facts:

> IN 2017, OVER 20,000 WORKPLACE INJURIES WERE LINKED TO ICE, SLEET, OR SNOW REQUIRING EMPLOYEES TO TAKE AT LEAST ONE DAY OFF OF WORK
>
> BUREAU OF LABOR STATISTICS



> IN 2020, ICE, SLEET, OR SNOW WAS RESPONSIBLE FOR 41.5% OF WEATHER-RELATED WORKPLACE FATALITIES. WINTER CONDITIONS ARE INCREDIBLY DANGEROUS FOR YOUR EMPLOYEES.
>
> BUREAU OF LABOR STATISTICS

WINTER CONDITIONS ARE INCREDIBLY DANGEROUS FOR YOUR EMPLOYEES, AND A WINTER SLIP CAN RACK UP AN AVERAGE OF $47,681 PER WORKERS' COMPENSATION CLAIM.

NOV 2025