



Winter Safety Tips

Working outside in colder environments can be uncomfortable and sometimes dangerous if proper precautions are not taken. To ensure that you are prepared for working in these types of environments, review these safety tips:

Cold Stress

Here are some cold stress, illnesses, and injuries that workers should be aware of:



Hypothermia

This is a medical emergency condition characterized by abnormally low body temperature, typically below 95F. This can lead to impaired bodily functions and potential life threatening complications.



Frostbite

Occurs when the skin and underlying tissues begin to freeze. Happens when the skin is exposed or contacts extremely cold surfaces or temperatures, resulting in damage to the affected areas.



Trench Foot

Also known as immersion foot, occurs when the foot is exposed to cold and wet temperatures for an extended periods. This can happen when improper footwear is worn in cold and wet environments.

Tips for long-term exposure



Dress in silk, wool, or synthetic clothing and protect your most susceptible body parts.



Stay hydrated- warm beverages can help increase our body temperature.



Since cold stress can alter a person's self-awareness, always use the buddy system.



Wear at least 3 layers of warm loose clothing in materials that keep you insulated.



Take a 10-minute warm up break every two-hours or have extended lunch breaks.

