COLD STRESS

Cold stress and cold-related illnesses can occur when individuals are exposed to extreme cold or lesser extremes of cold, wind, and water. Factors that impact the illnesses include temperature, heat loss, and wind chill. Extreme cold weather can be very dangerous unless safety precautions are taken.

What can Happen

HYPOTHERMIA
Lowered body temperature, impairing muscular and cerebral functions

FROSTBITE
The freezing of body tissue, likely to occur in extremities

IMMERSION FOOT
Chronic cooling of extremities by water immersion

How to Help

HYPOTHERMIA
• Call 911 immediately!
• Insulate with blankets
• Keep dry and heated

FROSTBITE
• Warm skin indoors; do not rub
• Heat in warm water bath
• Get medical help for bad cases

IMMERSION FOOT
• Elevate and massage
• Refrain from walking
• Expose to air and keep dry

PREVENTING COLD STRESS

Wear proper clothing and footwear
Eat and drink to maintain energy
Cover extremities, where heat escapes quickest
Take periodic breaks in warm areas
Stay dry and warm
Bring extra socks if your feet may get wet

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