



SAFETY TALK

Cold stress

Workers who work in the cold are at risk of cold stress. This weather-related condition can lead to serious injury and death.

What's the danger?

- **Frostbite** – an injury to the body caused by freezing and causes loss of feeling and color in the affected areas

symptoms include:

- Reduced blood flow to hands and feet
- Numbness
- Tingling or stinging
- Aching
- Bluish or pale, waxy skin

- **Hypothermia** – occurs when your body begins to lose heat faster than it can be produced. Low body temperature affects the brain, making you unable to think clearly or move well.

symptoms include:

- Shivering
- Fatigue
- Loss of coordination
- Confusion and disorientation
- Slowed pulse and breathing
- Loss of consciousness

How to protect yourself

- Know the symptoms; monitor yourself and your co-workers
- Stay up to date on day-time temperatures
- Wear appropriate clothing – layering provides better insulation
- Plan work so that warm-up breaks are taken
- Do not rub frost-bitten areas as it can cause more damage
- Call 911 or a local emergency provider immediately if you think someone is experiencing hypothermia

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

