

SAFETY



MONDAY

PREVENTING COLD STRESS

COMMON COLD INDUCED ILLNESSES & INJURY

• Hypothermia • Frostbite • Trench Foot

RISK FACTORS CONTRIBUTING TO COLD STRESS:

- ✓ Wetness/dampness, dressing improperly and exhaustion
- ✓ Predisposing health conditions such as hypertension, hypothyroidism and diabetes
- ✓ Poor physical condition
- ✓ You are more susceptible to a cold related injury or illness if you had one in the past

WHAT CAN YOU DO TO REDUCE YOUR RISK OF COLD STRESS?

- ✓ Monitor the condition of other workers around you. If you notice something could be wrong, get them into a warm area and notify a supervisor
- ✓ Wear at least three layers of loose fitting clothing. Do not wear tight fitting clothing
- ✓ Drink warm beverages to help warm up your core temperature
- ✓ Wear insulated and waterproof boots. Keep your feet dry.
- ✓ Layer up on clothing and keep clothes dry



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