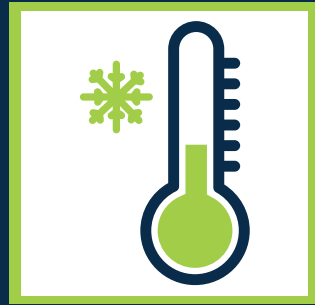


TOOLBOX TALK

WEATHER



Cold Stress

Cold stress occurs by driving down the skin temperature, and eventually the internal body temperature. When the body is unable to warm itself, serious cold-related illnesses and injuries may occur, and permanent tissue damage and death may result. Types of cold stress include: trench foot, frostbite, and hypothermia.

What constitutes cold stress and its effects can vary across different areas of the country. In regions that are not used to winter weather, near freezing temperatures are considered factors for "cold stress." Increased wind speed also causes heat to leave the body more rapidly (wind chill effect). Wetness or dampness, even from body sweat, also facilitates heat loss from the body.

Risk Factors For Cold Stress

- Wind chill and precipitation (rain/snow)
- Wet, damp, or improper clothing while working outside
- Predisposed health conditions such as hypertension and diabetes
- Poor physical conditioning and exhaustion

If someone is showing signs of cold stress:

- Move person inside or to a warmer location near a heat source
- Provide warm, sweet fluids to help heat the body
- Remove wet clothing such as socks and shoes and let air dry. Once dry, put on new clothing

If injuries appear to show numbness and create a rash (signs of frostbite):

- Follow steps above to remove employee from weather conditions
- Loosely cover area as to not rub or break rash/blisters
- Seek medical attention

If employee begins shivering and loses consciousness (signs of hypothermia):

- Seek medical attention immediately
- Follow steps above to remove employee from weather conditions
- Cover the body and apply heat
- Monitor breathing and pulse. Provide CPR if breathing and pulse are lost

Cold Stress

Take Home Point:

Cold stress can affect all employees regardless of location, temperature, and fitness level. If you or someone you know begin showing signs of cold stress, remove them from the weather conditions, provide a way to warm the body (heat source, liquids, dry clothing), and monitor condition in case medical help is needed.

Date: _____

Safety Leader: _____

Crew Members:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
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Looking for a way to track and maintain your employee records? Scan the QR code for more information

