



SAFETY INCENTIVE PROGRAM
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SIP TIP: COLD STRESS

When the body is unable to warm itself, serious cold related illnesses and injuries may occur, and permanent tissue damage and death may result.

FROST BITE

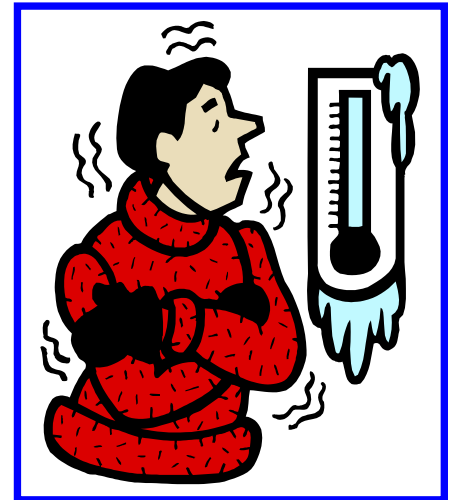
What Happens to the Body: Freezing in deep layers of skin and tissue; Pale, Waxy-White skin color; Skin becomes hard and numb; Usually affects the fingers, hands, toes, feet, ears, and nose.

HYPOTHERMIA

What Happens to the Body: Normal body temperature (98.6°F / 37°C) drops to or below 95°F (35°C); fatigue or drowsiness; uncontrolled shivering; cool bluish skin; slurred speech; clumsy movements; irritable, irrational or confused behavior.

How to Protect Workers...

- Recognize the environmental and workplace conditions that lead to potential cold-induced illnesses and injuries.
- Learn the signs and symptoms of cold-induced illnesses/injuries and what to do to help the worker.
- Train the workforce about cold-induced illnesses and injuries.
- Select proper clothing for cold, wet, and windy conditions. Layer clothing to adjust to changing environmental temperatures. Wear a hat and gloves, in addition to underwear that will keep water away from the skin (polypropylene).
- Take frequent short breaks in warm dry shelters to allow the body to warm up.
- Perform work during the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system (work in pairs).
- Drink warm, sweet beverages (sugar water, sports-type drinks). Avoid drinks with caffeine (coffee, tea, or hot chocolate) or alcohol.
- Eat warm, high-calorie foods like hot pasta dishes, and snack on nuts and dried fruits.



Workers Are at Increased Risk When...

- They have predisposing health conditions such as cardiovascular disease, diabetes, and hypertension.
- They take certain medication (check with your doctor, nurse, or pharmacy and ask if any medicines you are taking affect you while working in cold environments).
- They are in poor physical condition, have a poor diet, or are older.

REMINDER: DON'T GET CAUGHT "COLD-HANDED". FOLLOW THESE TIPS WHILE WORKING IN COLD WEATHER