

Working Outdoors

in the **Cold**



PEOPLE FIRST

SAFETY ALWAYS

With the temperature dropping, it's important to know how to work safely in cold weather.

Our bodies adapt when working in extreme temperatures in order to maintain a constant core temperature. However, there are limits to our body's adaptations.

Dressing properly is extremely important in preventing cold stress. When cold environments cannot be avoided, the following items will help protect you.



Wear at least 3 layers of loose fitting clothing. Layering provides better insulation. Tight clothing reduces blood circulation which is necessary in cold conditions to keep the blood flowing to your extremities.

- * A first layer of wool, silk or synthetic to keep moisture away from the body. Thermal wear will hold more heat than cotton.
- * A middle layer of wool or synthetic to provide insulation even when wet.
- * An outer wind & rain protection layer that allows some ventilation to prevent overheating.

Knit mask to cover face & mouth (if needed).

Hat that will cover your ears as well. Hats reduce the amount of body heat that escapes from your head.

Insulated gloves (water resistant if necessary), to protect the hands.

Two layers of socks—cotton underneath wool is best.

Insulated and waterproof boots to protect the feet.

Eye protection to protect the eyes from drying out.



Use a barrier on any exposed skin—skin cream, moisturizers, etc. to help avoid frostbite.



Warm up your muscles before heading outdoors to avoid any overexertion injuries.



Avoid caffeine and nicotine when working in extreme cold conditions.



**TAKE ADVANTAGE OF THE
SPACE HEATERS AVAILABLE
TO WARM UP.**

**USE THE BUDDY SYSTEM
SO NO ONE IS WORKING
ALONE.**

**TRY TO WORK IN THE
SUN. IT MAY REDUCE
THE WIND CHILL.**



**TAKE YOUR
BREAKS INSIDE.**

**WATCH FOR SIGNS OF
HYPOTHERMIA &
FROSTBITE.**



Hypothermia

Hypothermia occurs when the body has used up its stored energy, can no longer produce heat, & the core body temperature dips below 95°



Early Symptoms:

- * Persistent shivering
- * Fatigue
- * Loss of coordination
- * Confusion & disorientation

Late Symptoms:

- * No shivering
- * Blue skin
- * Dilated pupils
- * Slowed pulse & breathing

First Aid:

- * Request immediate medical assistance.
- * Move victim into a warm room or shelter.
- * Remove wet clothing.
- * Warm the center of their body first—chest, neck, head & groin—using an electric blanket or under loose dry layers of blankets, clothing or towels.
- * In conscious persons, warm beverages may help increase the body temperature.
- * Once temperature has increased, keep them dry & wrapped in a warm blanket, including the head & neck.
- * If no pulse, begin CPR.



Frostbite:



Frostbite occurs when the skin freezes deeply. It is an injury that most often affects the nose, ears, cheeks, chin, fingers or toes.

Symptoms:

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

First Aid:

- * Get into a warm room as soon as possible.
- * Unless necessary, do not walk on frostbitten feet or toes.
- * Immerse the affected area in warm (NOT hot) water, or warm the area using body heat. Do not use a heating pad, fireplace, or radiator.
- * Do not massage the frostbitten area. Doing so may cause more damage.

