



# SAFETY TALK

## Cold stress

Workers exposed to cold are at risk of cold stress. This weather-related condition can lead to serious injury during winter months.

### 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 loses 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

- Review your company's safe-work practices and procedures for working at cold temperatures
- Know the symptoms to watch for (yourself & co-workers)
- Check the forecast. Ideally, work at warmest time of day
- Wear appropriate clothing – loose, water-proof and wind-resistant layers provide better insulation.
- Take warm-up breaks throughout the day
- Do not rub frost-bitten areas as it can cause more damage
- Eat/drink warm foods or beverages; avoid caffeine & alcohol
- Don't work alone. If you must work alone, use a check-in system.
- Have emergency supplies ready at worksites and in vehicles.
- 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:

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\_\_\_\_\_  
\_\_\_\_\_

Corrective Actions:

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\_\_\_\_\_  
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Employee Name:

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Employee Signature:

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