

SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

2024

Cold Weather Safety

As temperatures dip during the winter months, workers face the occupational hazard of exposure to the cold. Workers need to be especially mindful of the weather, its effects on the body, and how to keep warm and safe during these days.

There are 4 conditions that lead to cold-related stress injuries. Prepare yourself against these conditions:

- Low temperatures
- High/cool winds
- Dampness
- Cold water

Common Cold-Related Stress Injuries

Trench Foot is a non-freezing injury of the feet caused by prolonged exposure to wet and cold conditions. Wet feet lose heat 25-times faster than dry feet. If feet are constantly wet, trench foot can occur in temperatures as high as 60°F. Symptoms include,

- Reddening skin
- Tingling
- Pain
- Swelling
- Leg cramps

Frostbite is caused by the freezing of the skin and tissues. Frostbite can cause permanent damage to the body. Severe cases may require amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures. Frostbite can occur without hypothermia. Symptoms include,

- Tingling in affected body parts
- Numbness
- Changes in skin color
- Subsiding pain as the condition worsens
- Blisters may form in affected areas

Hypothermia affects the victim's brain, making it difficult to know if it's happening to yourself, and you may not be able to do anything about it. Look out for the following symptoms for yourself and from your colleagues:

- Uncontrollable shivering
- Slow heartbeat and weakened pulse
- Severe shaking
- Stiff muscles
- Cool skin
- Slow and irregular breathing

