

SAFETY MEETING TOPIC: Cold Work Hazards

Cold Stress

On very cold days, employees should take adequate precautions to prevent cold-related illnesses including hypothermia or frostbite.

Cold-Stress Illnesses Signs & Symptoms

- Frostbite occurs when the skin actually freezes and loses water.
 - Signs and Symptoms:
 - Cold, tingling, stinging or aching feeling in the frostbitten area, followed by numbness
 - Skin color turns red, then purple, then white or very pale skin, cold to the touch
 - Treatment
 - Do not rub the area
 - Wrap in warm cloth or use hot pack
 - Immerse in warm, not hot, water
- Hypothermia
 - Signs and Symptoms:
 - Shivering
 - Lack of coordination, stumbling, fumbling hands
 - Slurred speech
 - Memory loss
 - Pale, cold skin
 - Treatment
 - Move to warm area
 - Stay active
 - Remove wet clothes and replace with dry clothes or blankets, cover the head
 - Drink a warm (not hot) sugary drink

Conclusions:

Employees need to dress appropriately for the work they will be performing and should take breaks as frequently as necessary to warm up inside a building or in a company vehicle. It is a good idea to keep extra clothes in your truck in case the weather changes.

Signature of Employees in Attendance: Date: _____
