

**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

**Conclusion:**

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:

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