



**Southwest Center**  
FOR AGRICULTURAL HEALTH, INJURY PREVENTION, AND EDUCATION

## Monthly Safety Blast | January 2020

Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education

# Working In Cold Weather



Cold weather conditions can be harsh on the body. You may have heard of heat stress, but do you know about cold stress? Extremely cold or wet weather is a dangerous situation that can cause serious injury and illness. Learn the symptoms! Protect yourself & your workers.

## Hypothermia

A condition in which the body uses up its stored energy and can no longer produce heat. Often occurs after prolonged exposure to cold temperature.

## Frostbite

An injury to the body that is caused by freezing, which most often affects the nose, ears, cheeks, chin, fingers, or toes.

## Trench Foot

An injury of the feet resulting from prolonged exposure to wet and cold conditions that can occur at temperatures as high as 60 °F if the feet are constantly wet

## Chilblains

Ulcers formed by damaged small blood vessels in the skin, caused by the repeated exposure of skin to temperatures just above freezing to as high as 60 °F.

## How to protect your workers:

- Monitor your physical condition and that of your coworkers.
- Wear appropriate clothing.
- Wear several layers of loose clothing for insulation.
- Tight clothing reduces blood circulation to the extremities.
- Be aware that some clothing may restrict movement resulting in a hazardous situation.
- Protect the ears, face, hands and feet in extremely cold or wet weather.
- Boots should be waterproof and insulated.
- Wear a hat to reduce the loss of body heat from your head.
- Move into warm locations during breaks; limit the amount of time outside.
- Carry extra socks, gloves, hats, jacket, blankets, a change of clothes and a thermos of hot liquid.
- Include chemical hot packs in your first aid kit.
- Avoid touching cold metal surfaces with bare skin.

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## symptoms & first aid instructions!

[go.usa.gov/xPA25](https://www.cdc.gov/xPA25)

### References:

[https://www.cdc.gov/niosh/docs/2010-115/pdfs/2010-115.pdf?s\\_cid=3ni7d2TW-Fast-Facts-Cold-112018](https://www.cdc.gov/niosh/docs/2010-115/pdfs/2010-115.pdf?s_cid=3ni7d2TW-Fast-Facts-Cold-112018)

[https://www.cdc.gov/niosh/topics/coldstress/?s\\_cid=3ni7d2TW-Cold-Stress-112018](https://www.cdc.gov/niosh/topics/coldstress/?s_cid=3ni7d2TW-Cold-Stress-112018)

### Created by:

Shelbie Powell, BA, MPH Candidate  
Outreach Education Coordinator

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