

Working in extremely cold temperatures

Working in extremely cold temperatures can cause serious health issues like frostbite and hypothermia. It's important to recognize the warning signs and take precautions to stay safe.

Frostbite symptoms

- Skin that looks white, gray, or waxy
- Numbness
- Clumsiness
- Blisters that turn black
- Fever

Hypothermia symptoms

- Slow pulse
- Memory loss
- Slurred speech
- Weakness
- Drowsiness
- Uncontrollable shivering

Cold weather precautions

- Take frequent breaks in warm, sheltered areas
- Wear at least three layers of clothing for insulation
- Protect your head, hands, and feet with thermal hats, gloves, and shoes
- Stay hydrated by drinking plenty of fluids; warm, sweet beverages work best
- Avoid alcohol, caffeine, or medication that might impair your judgment
- Don't smoke, as it decreases circulation
- Create a barrier to shield your work area from cold or windy conditions
- Familiarize yourself with the symptoms of hypothermia and frostbite, and seek immediate medical attention if needed

