



INJURY PREVENTION

Quick Review of Safety

Cold-related Illness Prevention

- Be aware of weather reports, temperature and wind-chill forecasts and plan accordingly.
- Wear appropriate clothing with multiple layers of loose clothing. Consider wearing a snug base layer of moisture wicking material to pull sweat away from your body. Don't wear overly tight clothing because it can reduce blood circulation needed for warming.
- Protect ears, face, hands and feet.
- Wear waterproof, insulated boots.
- Stay dry whenever possible. Consider having a separate set of clothes to change into if clothing becomes wet.
- Take breaks in warm areas and limit time outside on cold days.
- Monitor yourself or others for signs and symptoms of cold stress and know how to respond or get help.

Hypothermia is particularly serious. Treatment is often easier if detected before getting to this stage of cold stress.

See other side for symptoms and treatment of cold-related illness.



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COLD STRESS SYMPTOMS		TREATMENT
Chilblains	<ul style="list-style-type: none"> ● Redness ● Itching ● Possible blistering ● Inflammation 	<ul style="list-style-type: none"> ● Avoid scratching. ● Slowly warm the skin. ● Corticosteroid creams help relieve itching and swelling. ● Clean and cover blisters or ulcers.
Frostbite	<ul style="list-style-type: none"> ● Reduced blood flow to hands and feet ● Numbness, tingling or stinging ● Aching, bluish or pale waxy skin 	<ul style="list-style-type: none"> ● Move to a warm area. ● Avoid walking on frostbitten toes or feet when possible. ● Immerse affected areas in warm-not hot-water. If immersion is not possible, warm fingers under arm pits or with body warmth. ● Avoid rubbing frostbitten areas. Be aware that numb areas are easy to burn, for example with water that is too hot.
Hypothermia	<ul style="list-style-type: none"> ● Early symptoms: shivering, fatigue, loss of coordination, confusion and disorientation ● Late symptoms: no shivering, blue skin, dilated pupils, slowed pulse and breathing, loss of consciousness <p>Temperatures do not have to be freezing for hypothermia to set in; observe symptoms carefully.</p>	<ul style="list-style-type: none"> ● Call for emergency medical assistance. ● Move affected individual to a warm area. ● Remove wet clothing. ● First warm center of the body, using an electric blanket or chemical hot packs. ● Give warm, nonalcoholic beverages to worker, but do not give beverages to unconscious workers. ● After temperature has increased, keep worker dry and wrapped in a warm blanket including the head and neck. ● Stay with the worker until help arrives (as needed).



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