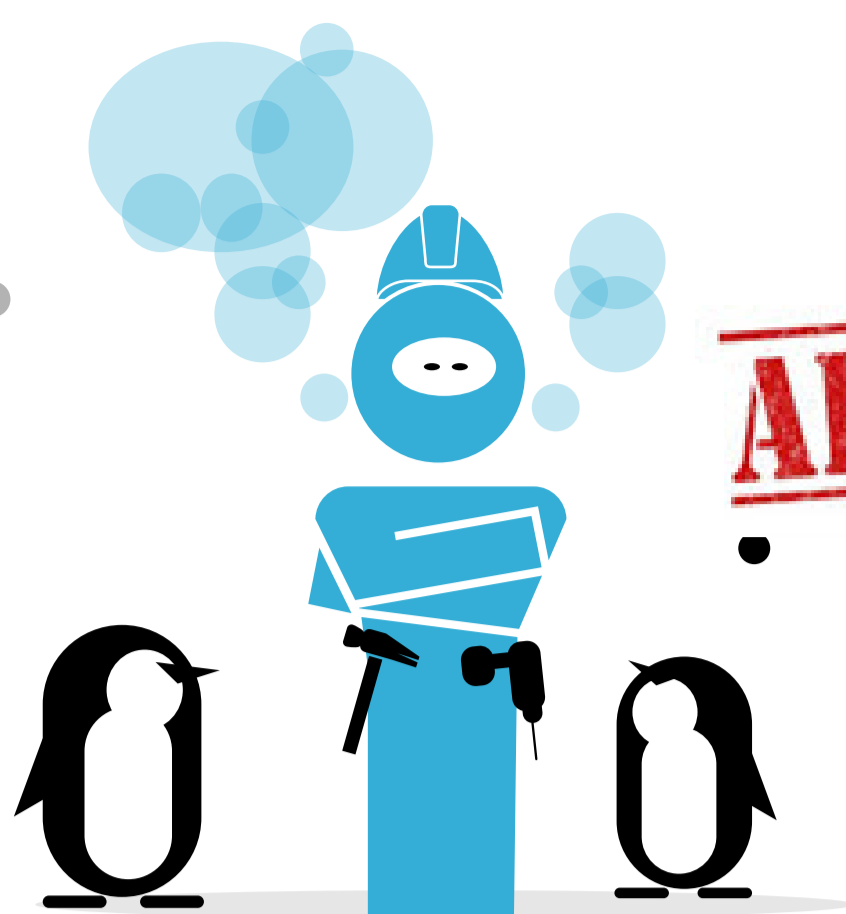
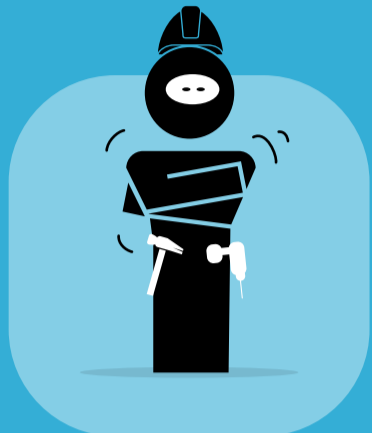


WORKING IN EXTREME TEMPERATURES



SIGNS OF COLD



Shivering

To maintain a constant inner temperature in cold environments, the body shivers to increase heat production and reduces blood flow to the skin and extremities to reduce heat loss.



Impaired Coordination

Loss of muscular coordination, may result in slow and labored movements as well as reduced dexterity in fingers, hands and toes.



Tingling

Loss of feeling or tingling in fingers and toes. Frost nip, when the top layer of exposed skin freezes, can occur to exposed skin.

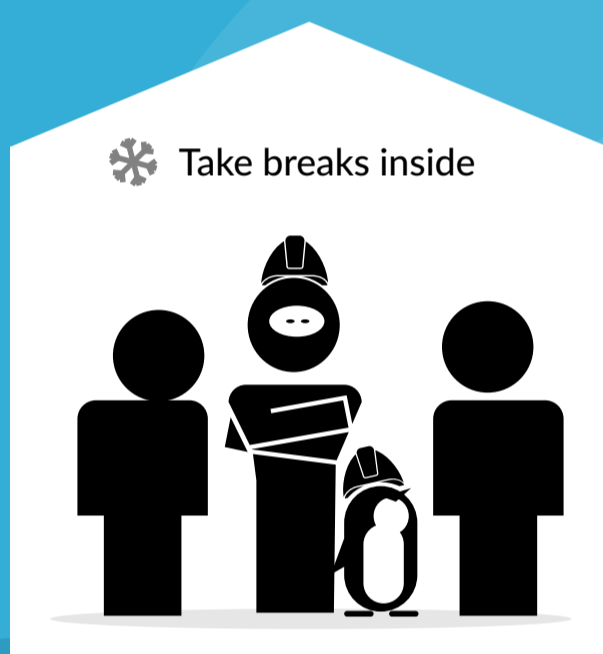


Confusion

Watch for "unusual -umbles" in yourself and your co-workers – stumbles, mumbles, fumbles and grumbles.

PREVENTION

Stay in the sun. It may help reduce windchill



Take breaks inside



Wear suitable clothing for cold conditions that can be layered and/or has high insulating properties

Keep footwear dry to save heat



Keep moving to generate body heat



Cover exposed skin

WORKPLACE HEALTH AND SAFETY

Working in extreme temperatures you should expect:



Heaters

as on-site source of heat



Warm ups

as part of a schedule before and after work



Briefings

on the hazards of working in the cold and the controls in place for protection



A Flexible pace

where workers can take extra breaks if needed



Buddy systems

so no one is working alone



Adjustment periods

before assigning a full work schedule



Wind protection

to shield workers from drafts or winds

Is your workplace not providing a safe work environment?

Occupational Health and Safety contact centre

1-866-415-8690