

WORKING IN EXTREME COLD

Prevention



Wear layered clothing that has high insulating properties.



Stay in the sun. It may help reduce windchill.



Keep moving to generate body heat.



Keep footwear dry to save heat.



Cover exposed skin.



Take breaks inside.

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.

Workplace health & safety

Working in cold environments, you should expect:



Heaters

As an on-site source of heat.



Briefings

On the hazards of working in the cold.



Buddy Systems

So no one is working alone.



Wind Protection

To shield workers from drafts or winds.



Warm Ups

As part of a schedule before and after work.



A Flexible Pace

Where workers can take extra breaks if needed.



Adjustment Periods

Before assigning a full work schedule.

Do you have any questions about workplace health and safety?

Occupational Health and Safety Contact Centre

1-866-415-8690