



Cold Weather

Being in freezing or cold temperatures for a long time can result in health problems such as trench foot, frostbite, and hypothermia. Danger signs include uncontrolled shivering, slurred speech, clumsiness, fatigue, and confusion.

Ron's Story

Ron works in construction at a local site during the winter. One day he left his gloves and hat at home. As the day went on, he became so cold that he began to shiver. Soon he was having trouble holding his tools and doing his work.

- ✘ What clothing should Ron have worn for working outside?
- ✘ What should you do to stay warm when working in cold weather?

Remember This

- Wear clothes meant for cold, wet, and windy conditions. Dress in loose-fitting layers to adapt to changing temperatures. Wear a hat, socks, shoes, gloves, and outerwear that will keep you dry.
- Work in pairs so that you and your coworker can spot danger signs in each other.
- Drink plenty of warm, sweet beverages (sugar water, sports drinks) but avoid caffeine (in coffee, tea, sodas, or hot chocolate) and alcohol.
- Take breaks often, in a heated area, to warm up.
- Get medical help right away if you or another worker has symptoms of hypothermia:
 - ~ Shivering
 - ~ Fatigue
 - ~ Loss of coordination
 - ~ Confusion or disorientation.
- You are at higher risk if you take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular disease.



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- ✘ Dress in layers. Wear a hat, gloves, and other clothing to keep you warm and dry.
- ✘ Use the buddy system so you can spot danger signs in each other.
- ✘ Drink warm, sweet beverages.