Cold Stress - Working Safely In Cold Weather

Leader’s Guide and Quiz
Anyone who works outside on a regular basis knows - at some point or another - you’re going to experience cold and wet weather conditions.

These working conditions can threaten your ability to do your job safely, as cold can have negative effects on the body. This is known as “cold stress.”

Cold and wet weather can begin to have negative affects on the body in temperatures as high as 59 degrees Fahrenheit.

**Hypothermia**
Hypothermia is a potentially life threatening illness that begins when the body’s internal temperature sinks from its normal 98.6 degrees to 95 degrees, or lower.

Hypothermia Prevention
Wearing multiple layers of clothing is important for preventing Hypothermia. Multiple layers trap warm air. Also Wearing layers allows you to regulate your temperature as weather conditions change.

Hypothermia Symptoms
- Shivering
- Muscle Tension
- Fatigue

Advanced Symptoms
- Slurred Speech
- Difficulty Performing Tasks
- Loss of Coordination
- Confusion
- Erratic Behavior
- Irritability
- Slow Breathing and Heart Rate
- Unconsciousness

**Frost Bite**
Frostbite occurs when skin is exposed to freezing temperatures. It can cause permanent damage and even lead to amputation in severe cases.

Frostbite Signs
- Reddened skin
- Tingling
- Aching
- Loss of Feeling
- Blisters

Frostbite Treatment
- Go to a warm location
- Use warm water
- Do not rub frostbitten area
- Do not use dry heat
- Leave blisters intact

**Trench Foot**
Trench foot can develop when feet are exposed to water or damp conditions, for an extended period of time. It can affect the heels, toes or entire foot and can occur in temperatures as high as 60 degrees Fahrenheit.
- Reddening skin
- Tingling
- Pain
- Swelling
- Leg Cramps
- Numbness
- Blisters

Trench Foot Treatment
- Re-warm feet for 5 minutes at a time in warm **not** hot water
- Wrap with dry cloth

**Conclusion**
Cold stress can be hard to recognize, so it's important to keep an eye on your co-workers. If you notice a co-worker shivering or working unsafely, make sure to say something.
1. At what temperature does Cold Stress begin to affect the body?

   A. 0 degrees Fahrenheit  
   B. 32 Degrees Fahrenheit  
   C. 59 Degrees Fahrenheit  
   D. 75 Degrees Fahrenheit

2. Hypothermia happens when the body’s temperature sinks for it’s normal 98.6 degrees to 95 degrees or lower.

   A. True  
   B. False

3. Which of the following is not a symptom of Hypothermia?

   A. Shivering  
   B. Slurred Speech  
   C. Blisters  
   D. Confusion

4. It’s a good idea to wear multiple layers clothing to regulate body temperature.

   A. True  
   B. False

5. Frostbite is the same as Trench Foot.

   A. True  
   B. False

6. Which of the following is a sign of Frostbite?

   A. Reddened Skin  
   B. Tingling  
   C. Blisters  
   D. All of the above

7. Using a radiator or heating pad is the best way to treat Frostbite.

   A. True  
   B. False
8. Trench Foot happens affects which body part?
   A. Head
   B. Earlobes
   C. Hands
   D. Feet

9. If you have Trench Foot it’s best to soak you feet in the hottest water you can tolerate.
   A. True
   B. False

10. Symptoms of Cold Stress occur rapidly and are easily noticed.
    A. True
    B. False
1. C
2. A
3. C
4. A
5. B
6. D
7. B
8. D
9. B
10. B