



5 Ways to Help Prevent Cold Stress on the Job Site



Working in cold conditions presents many hazards and risks that if not properly managed can result in serious and even life-threatening injuries and illnesses.

Use these tips to help your team stay safe and warm.

> 01

Establish Cold Weather Policies

Empower managers to adjust scheduling and staffing when conditions are extremely cold and provide time for warming breaks.

> 02

Train Your Team

Provide annual training to prepare employees for working in the cold. This should include information on cold stress prevention, recognizing the signs and symptoms of cold stress and how to handle medical emergencies at work.

> 03

Provide Proper PPE

Insulated PPE is required to fight against loss of body heat while working in the cold. Employees should dress for the environment and their personal activity level.

> 04

Understand Signs and Symptoms

Watch for conditions such as shivering, fatigue, drowsiness and disorientation among your team before they advance into something more serious.

> 05

Institute a Buddy System

Cold stress can set in quickly, so regularly timed check-ins with a co-worker can help employees notice declines in coordination or focus.