

CUSTOMER FOCUS ON LOSS CONTROL

NUMBER 49

Cold Weather Injury Prevention

Mark Twain made a famous statement: "We all talk about the weather but nobody does anything about it". After all, what can we do? It's that time of year again, cold weather is here, and we cannot change it. However, cold can injure and we can do something about that! Injuries that occur from cold can range from uncomfortable to life threatening. Know what can happen.

INJURY	SYMPTOM	DESCRIPTION
Chilblain	Painful injury	Skin becomes tender, red, swollen
Trenchfoot	Serious injury	Extremity becomes numb, amputation potential
Frostbite	Serious injury	Deep layers of skin freeze, tissue damage
Hypothermia	Life threatening	Body core drops < 95°F, death potential

A Healthy Body Is Less Susceptible

- * Use moisturizing lotions, lip balm
- * Stay in peak physical shape
- * Stay active to produce more heat
- * Avoid dehydration, drink plenty of water, at least 16 oz. every work hour
- * Eat nutritious food
- * Avoid alcohol, caffeine, tobacco
- * Keep extremities dry

Dress Properly

Proper dress will keep you warm and dry. Wet clothes increase heat loss. The best clothing has good ventilation so moisture can escape.

- * Dress in layers
- * Wear a liner in your hardhat
- * Keep clothes clean
- * Water resistant boots
- * Wear outer windproof layer
- * Wear cotton close to the body
- * Wear mittens with liners if possible
- * Change socks frequently

Get Out Of The Cold

- * Take a break inside, if you are shivering
- * Use warming devices, if available
- * Work in a shelter, when possible
- * Work with your back to the wind

If you maintain good physical health, eat and drink properly and minimize contact time to the cold, you are more likely to stay healthy.

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