

STAY SAFE OUT THERE IT'S COLD.

A hat or hood to help reduce the amount of body heat escaping from the head.

A knit mask to cover the face and mouth.

Take frequent short breaks in warm, dry shelters to allow your body to warm up.

Drink warm beverages and eat warm, high calorie foods.

Avoid exhaustion and fatigue because they zap energy. Energy is needed to keep muscles warm.

Use the 'Buddy System' so that you can be on the look out for danger signs.

Learn the signs and symptoms of cold induced illnesses and injuries and what to do to help workers.

Signs and Symptoms of Hypothermia

Early Stage

Shivering, fatigue, loss of coordination confusion and disorientation.

Late Stage

No shivering, blue skin, dilated pupils slowed pulse and breathing, loss of consciousness

GLOVES: Make sure to wear insulated gloves that can be secured on while working.

LAYERS: At least three layers of loose fitting clothing.

An inner layer of wool, silk or synthetic to keep moisture away from the body.

A middle layer of wool or synthetic to provide insulation.

An outer wind and rain protective layer that allows ventilation.

Insulated and waterproof boot or shoes.



Business & Industry Health
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