

DANGER STARTS WELL BEFORE ZERO

FROST BITE

SYMPTOMS: PALE, WAXY-WHITE SKIN COLOR; SKIN BECOMES HARD AND NUMB; USUALLY AFFECTS EXTREMITIES INCLUDING EARS AND NOSE.

RESPONSE:

- Move the person to a warm and dry area and remove any wet/tight clothing that may cut off blood circulation.
- **DO NOT** rub the affected area; rubbing can cause skin/tissue damage.
- Gently place the affected area in warm (105°F) water. Do not pour water directly on affected area. Warming will take 25-40 mins.
- Once normal movement and color return to area, dry and wrap to keep warm.
- Seek medical attention as soon as possible.

HYPOTHERMIA

SYMPTOMS: FATIGUE/DROWSINESS; UNCONTROLLED SHIVERING; COOL BLUISH SKIN; SLURRED SPEECH; CLUMSY MOVEMENTS; IRRITABLE/IRRATIONAL/CONFUSED BEHAVIOR.

RESPONSE: CALL FOR EMERGENCY HELP IMMEDIATELY.

- Move the person to a warm and dry area and remove any wet/tight clothing and replace with dry clothing or wrap in a blanket.
- Drink warm, sweet drinks (sugar water or sports-type drinks). Avoid caffeinated drinks.
- Have the person move their arms and legs to create muscle heat. If unable to do so, place hot packs in armpits, groin, neck, and head. **DO NOT** rub the person or place them in warm water.

COLD STRESS SOLUTIONS

WORK//BREAK SCHEDULE FOR A FOUR HOUR SHIFT

Limiting exposure to cold is key in the prevention of cold stress. It's especially dangerous as temperatures lower and wind speed picks up. Below is a work//break schedule for workers based on the air temperature and wind speed of the environment:

AIR TEMPERATURE		NO NOTICEABLE WIND		5 MPH/8 KPH WIND		10 MPH/16 KPH WIND		15 MPH/24 KPH WIND		20 MPH/32 KPH WIND	
°C (approx.)	°F (approx.)	Maximum Work Period	Number of Breaks (>10 mins each)	Maximum Work Period	Number of Breaks (>10 mins each)	Maximum Work Period	Number of Breaks (>10 mins each)	Maximum Work Period	Number of Breaks (>10 mins each)	Maximum Work Period	Number of Breaks (>10 mins each)
-26° to -28°	-15° to -19°	(Normal Breaks) 1		(Normal Breaks) 1		75 min.	2	55 min.	3	40 min.	4
-29° to -31°	-20° to -24°	(Normal Breaks) 1		75 min.	2	55 min.	3	40 min.	4	30 min.	5
-32° to -34°	-25° to -29°	75 min.	2	55 min.	3	40 min.	4	30 min.	5	EMERGENCY WORK ONLY	
-35° to -37°	-30° to -34°	55 min.	3	40 min.	4	30 min.	5				
-38° to -39°	-35° to -39°	40 min.	4	30 min.	5						
-40° to -42°	-40° to -44°	30 min.	5	EMERGENCY WORK ONLY		EMERGENCY WORK ONLY		EMERGENCY WORK ONLY			
-43° & below	-45° & below	EMERGENCY WORK ONLY		EMERGENCY WORK ONLY		EMERGENCY WORK ONLY		EMERGENCY WORK ONLY			

HOW TO USE THIS SCHEDULE:

- ☐ Across the top row, locate today's predicted wind speed.
- ☐ Down the left side, locate today's predicted air temperature.
- ☐ Follow across and down to find the recommended work time and warm-up/break-time in a four hour shift.

Example: if the wind speed is 5mph with an air temp of -20°F/29°C, workers shouldn't be outside for longer than 75 minutes at a time and should take a minimum of two, 10 minute breaks (warm-ups) in a heated area during a four-hour shift.