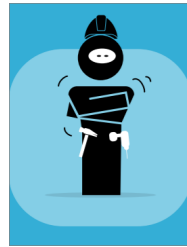


WORKING IN EXTREME TEMPERATURES

Exposure Signs



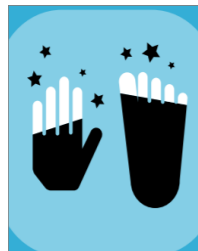
Shivering

To maintain a constant inner temperature in cold environments, the body shivers to increase heat production and reduces blood flow to the skin and extremities to lower heat loss.



Impaired Coordination

Loss of muscular coordination, may result in slow and labored movements as well as reduced dexterity in fingers, hands and toes.



Tingling

Loss of feeling or tingling in fingers and toes. Frost bite, occurs when the top layer of exposed skin freezes it can occur to exposed skin.



Confusion from Overly Cold

Watch for “unusual—umbles” in yourself and your co-worker—stumbles, mumbles, fumbles and grumbles.



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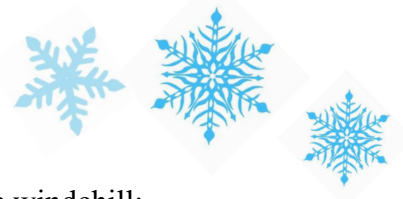
In this issue:

- * Exposure Signs **1**
- * Prevention **2**

Special points of interest:

- ◆ Information is from Alberta Government, Occupation Health and Safety.

PREVENTION



- * When working outside try and stay in the sun. It may help reduce windchill;
- * Take breaks inside;
- * Wear suitable clothing for cold conditions that can be layered and/or has high insulating properties;
- * Keep footwear dry to save heat;
- * Keep moving to generate body heat;
- * Cover exposed skin.



Use Heaters

As on-site source of heat. Carry candles in your vehicles.



Warm Ups

As part of a schedule before and after work.



Safety Briefings

On the hazards of working in the cold and the controls in place for protection.



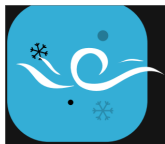
Work at a Flexible Pace

Where workers can take extra breaks if needed.



Buddy Systems

No one is working alone.



Use Wind Protection

To shield workers from drafts or wind.



Allow Personnel Adjustment Periods

Before assigning a full work schedule.

